Saskatchewan
Learning

Wellness 10:
A Bibliography

Recycled Paper

2003

Wellness 10: A Bibliography

Prepared by:
Instructional Resources Unit
Curriculum and Instruction Branch
Saskatchewan Learning
2003

Wellness 10: A bibliography

Includes indexes.

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3. Bibliography

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Foreword

This publication lists learning resources that have been evaluated by Saskatchewan educators and are considered appropriate to support Wellness 10. The purpose of this bibliography is to provide teachers with suggested starting points for building a wide range of suitable learning resources.

These titles are offered only as suggestions; teachers are encouraged to investigate other applicable learning resources and to select additional suitable materials.

Saskatchewan Learning has provided one copy of this bibliography to every school that offers Wellness 10.

This document is also available on the Saskatchewan Learning website at the following address:

http://www.sasked.gov.sk.ca/curr_inst/iru/onlbib.html **or** http://www.sasked.gov.sk.ca/docs/health.html

Resource-based Learning

The items listed are intended to promote the philosophy of resource-based learning, in which the students gain knowledge and understandings through the use of a variety of resources and instructional approaches. This multiresource approach provides students with opportunities to interact with a wide range of current materials to suit varied learning styles.

Teachers are reminded that resource-based courses of study can be enhanced through the use of additional materials such as the following:

- newspapers and magazines
- pamphlets, brochures, television and radio programming
- environmental print, such as posters
- Internet sites
- public library collections.

It is important that human resources be accessed as well. Every community has capable people who can enrich educational experiences.

Background Review: Selection Policy and Criteria for Selection

This bibliography provides suggestions for learning resources; however, it remains the responsibility of classroom teachers, in consultation with teacher-librarians, to preview and select materials. Selection should be based on the objectives and philosophy of the curriculum guidelines, students' interests and abilities, students' prior knowledge and experience and the interests or needs of the community.

As well, material should be considered in terms of the following characteristics:

- literary quality
- cultural relevance and accuracy
- country of origin
- equity regarding gender, abilities, age and race
- accuracy
- ease of reading
- relevance to current issues
- adaptability.

Each school division is responsible for developing its own materials selection policy in order to address the particular needs of students and teachers in that division. Materials should be chosen in accordance with the school division's materials selection policy. Several Saskatchewan Learning publications provide further assistance in the selection process. These include the following:

Diverse Voices: Selecting Equitable Resources for Indian and Métis Education, 1992 - suggests strategies for recognizing and dealing with bias in resources.

Indian and Métis Education Policy From Kindergarten to Grade XII, 1995 - provides rationale and guidelines for integrating Indian and Métis materials into curricula.

Learning Resource Centres in Saskatchewan: A Guide for Development, 1988 - provides guidance for developing a selection policy and suggests criteria for selection.

Multicultural Education and Heritage Language Education Policies, 1994 - provides a rationale for integrating multicultural materials into curricula.

Selecting Fair and Equitable Materials, 1991 - suggests strategies useful for recognition of bias and stereotypes.

Educators who need assistance acquiring the above titles should contact Saskatchewan Learning at phone: (306) 787-9747, fax: (306) 787-9747.

Assessing Present Learning Resources

The titles in this bibliography should be cross-referenced with the school resource centre catalogue in order to identify suitable learning resources already present in the school library collection.

The Media Index and the Index of Suggested Uses are useful checklists for identifying learning resources already present in the school library collection. Teachers may use these indexes to ensure a balance of print and non-print resources within each unit.

Materials in the present collection should be assessed based on the needs of the course, the community, the students and the teachers.

Learning resource needs not met by the present collection could be identified by the teachers and teacher-librarian working together. Teachers are encouraged to coordinate materials selection at the school or school division level noting that some materials may be useful for several grade levels and different subject areas.

Previewing Learning Resources

Teachers and teacher-librarians are urged to preview learning resources carefully before suggesting them for classroom use. They are advised to refer to their school division's selection policy for guidance in making choices about learning resources.

If educators have not been able to preview the learning resources prior to purchase, it is advisable to order only one copy to review before placing orders for multiple copies. Return policies vary from company to company, but if inappropriate learning resources have to be returned, they must be in saleable condition.

Purchasing Learning Resources

Educators interested in purchasing learning resources should order them from the distributors cited in the distributor directory.

Prices quoted are subject to change, but will serve as a guide to approximate costs. Note that prices quoted do not include taxes or shipping fees.

Videos

Videos listed are often available from **Media Group**. These videos contain high quality programs that can be acquired at a nominal cost. For further information, please consult the Educational Video Duplication Service catalogue available from **Media Group**. Schools are responsible for postage, a duplication charge of $1.00 per title, blank tapes and applicable taxes. Blank tapes may be supplied by the school or purchased from **Media Group**. Please refer to the distributor directory for the addresses, fax and telephone numbers. **Media Group** provides online services at the following address:

http://videodb.mg.sk.ca/index.html

Please note that to show movies or other videos in the classroom legally, educators must obtain public performance rights. These public performance rights are cleared for programs available from **Media Group** as well as for videos that are listed for sale in Saskatchewan Learning's bibliographies. If

educators are unsure whether public performance rights are available for a video that is not included in a Saskatchewan Learning bibliography, the distributor should be contacted before using the video in the classroom.

Sometimes schools or school divisions choose to purchase a licence from a video collective. The benefit of having a licence is that teachers can show any videos produced by the companies represented without violating copyright laws. If a general licence is purchased, teachers are responsible for renting or borrowing the videos. The distributor does not supply them.

Another option is for schools or school divisions to buy a single-title licence. This means that one copy of the video is supplied by the distributor and that teachers are allowed to show it to their students until the licence expires.

Examples of video collectives follow:

Audio Cine Films
1955 Cote-de-Liesse Rd
Suite 210
MONTREAL PQ H4N 3A8
Ph: (800) 289-8887
Fax: (514) 493-9058
E-mail: info@acf-film.com
NETSITE: http://www.acf-film.com

Visual Education Centre
41 Horner Ave, Unit 3
TORONTO ON M8Z 4X4
Ph: (800) 668-0749, Ext. 226
(Public Performance Rights)
Fax: (416) 251-3720
E-mail: diana@criterionpic.com
NETSITE: http://www.visualed.com **or**
http://www.criterionpic.com

Online Databases of Periodicals and Newspapers: Infotrac, Canadian Newsstand Dailies, and CBCA/ Repère

Saskatchewan Learning offers a number of online databases for periodicals and newspapers. Online databases are a powerful tool to assist teachers with the integration of technology into teaching and learning. The databases provide teachers and students with access to **both current and archived information** on any given topic/subject area.

Canadian content is featured in Micromedia's ***Canadian Business and Current Affairs (CBCA/Repère-French)***, Infotrac's ***Canadian Periodical Index Quarterly (CPI.Q)***, and Proquest's ***Canadian Newstand Dailies***. The databases are located at the following address:

http://www.sasked.gov.sk.ca/docs/databases.html

To access the online databases, educators need to click on their region and enter the appropriate password. If they need the password, they should contact the teacher-librarian, local Resource-based Learning Consultant or Saskatchewan Learning at (306) 787-1194.

Internet Sites

Saskatchewan Learning is providing a forum through the Evergreen Curriculum Resources page for teachers to access and share educationally appropriate Internet sites. The gateway to the URL Database of websites can be found at the following addresses:

http://www.sasked.gov.sk.ca/docs/resources_main.html **or** directly through http://www.sasked.gov.sk.ca/pls/urldb/udb_pkg.main

Information on sites that are highly recommended and linked to curriculum objectives can be found by accessing this database.

Teachers are encouraged to share their favourite Internet sites with others in the province by registering in the URL database. Once an account has been created, teachers will be able to suggest new Internet sites as well as access and review sites submitted by other teachers. The reviews are used to decide upon a recommendation and links to

the curriculum. Registration can be done via the addresses above.

Saskatchewan Learning also provides links to other provincial and territorial education websites at the following address:

http://www.sasked.gov.sk.ca/curr_inst/ltech/links.html

The discussion area for Wellness 10 can be found at the following address:

http://www.sasked.gov.sk.ca/docs/discussion.html

The Virtual Resource Centre (VRC) will provide access to general Internet sites that relate to the curriculum. The VRC can be found at:

http://www.sasked.gov.sk.ca/docs/vrc/index.html

Examples of Appropriate Internet Sites

If teachers are unsure about the reliability of the information found on a website, they should compare the author's claims and evidence with other sources with which they are familiar. When in doubt, teachers should choose only the sites that list the authors' and/or contributors' names along with the title. If the site does not identify contributors and authors, the information found on the site may not be reliable.

The Internet sites listed below provide a sample of what is available. It is recommended that a careful screening and evaluation of each site be undertaken prior to using it. These sites were checked for availability on May 30, 2003.

Internet sites that have been formally evaluated and linked to curriculum objectives can be viewed by selecting the Database of Websites found on the Evergreen Curriculum Resources page at http://www.sask.ed.gov.sk.ca/docs/resources_main.html.

Active Living: Canadian Health
http://www.canadian-health-network.ca/1active_living.html

AIDS and the HIV Antibody Test - Anonymous Testing: Saskatchewan Health
http://www.health.gov.sk.ca/rr_aids_hiv_anonytest.html

AIDS Program South Saskatchewan
http://www.aidsresourcesask.ca

Authentic Workplace Materials
http://www15.hrdc-drhc.gc.ca/awm/default.asp

Canada's Food Guide to Healthy Eating
http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_rainbow_e.html

Canada's Physical Activity Guide
http://www.hc-sc.gc.ca/hppb/paguide/

Canadian Academy of Sport Medicine
http://www.casm-acms.org/

Canadian Association for the Advancement of Women in Sport and Physical Activity
http://www.caaws.ca/

Canadian Association of Health, Physical Education, Recreation and Dance (CAHPERD)
http://www.cahperd.ca/

Canadian Fitness and Lifestyle Research Institute
http://www.cflri.ca

Canadian Guidelines for Weights Classification
http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/why_review_healthy_weights_tc_e.html

Career Awareness
http://www.hrdc.gc.ca/career

Coalition for Active Living
http://www.activeliving.ca/

Coping With Stress: Canadian Fitness and Lifestyle Research Institute
http://www.cflri.ca/cflri/tips/98/LT98_05.html

Eat Well, Live Well: Dietitians of Canada
http://www.dietitians.ca/english/frames.html

Essentials Skills: Skills for Life Learning and Work
http://www15.hrdc-drhc.gc.ca

Fitness
http://www.medbroadcast.com/channel_main.asp?channel_id=1016

Fitness and Active Living: Health Canada
http://www.hc-sc.gc.ca/hppb/fitness/index.html

Healthy Eating: Canadian Health Network
http://www.canadian-health-network.ca/1healthy_eating.html

HIV & AIDS: What You Need to Know: Saskatchewan Health
http://www.health.gov.sk.ca/rr_hivaids_need_know.html

HIV Testing
http://www.avert.org/testing.htm

HIV Testing Methods: UNAIDS
http://www.unaids.org/publications/documents/health/system/testmtue.pdf

Human Resources Development Canada
http://www.hrdc.gc.ca/common/home.shtml

Nutrition
http://www.medbroadcast.com/channel_main.asp?channel_id=1024

Nutrition Analysis Tool
http://www.nat.uiuc.edu/

Nutrition Policy and Promotion: Health Canada
http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/projects_e.html

Ready for Work
http://www.readyforwork.sk.ca

Relationships: Canadian Health Network
http://www.canadian-health-network.ca/1relationships.html

Saskatchewan Human Rights Commission
http://www.gov.sk.ca/shrc/

Saskatchewan Labour
http://www.labour.gov.sk.ca/

Saskatchewan Labour - Health and Safety Video Catalogue
http://www.labour.gov.sk.ca/safety/video/

Saskatchewan Workers' Compensation Board
http://www.wcbsask.com/

Sports Medicine and Science Council of Saskatchewan
http://www.smscs.ca/

Sports Medicine Council of British Columbia
http://www.sportmedbc.com/sportmed.php/resources/links

Teacher Nutrition
http://www.teachnutrition.org/ie/index.html

Teens Health
http://www.teenshealth.org/teen/index2.html

Youth Health Site
http://www.cyberisle.org/access/buspass.php3

Virus Alert

When downloading files and applications, Internet users should be aware of the danger of viruses. Downloaded files and applications should always be scanned using a current anti-virus utility. It is advisable to purchase updates to the anti-virus utility regularly. These updates identify the new viruses as well as the old.

How to Use the Bibliography

Titles and Descriptions

An example of a citation for print follows:

Title ↓ Media Designation ↓ Author ↓

Fitness and Wellness Strategies. 2nd ed. (Print-Non-Fiction). Seiger, Lon, et al.
McGraw-Hill Ryerson Limited (MHR), 1998. 202 p. ISBN 0-697-29579-6 ($33.95 pbk.).

↑ Publisher ↑ Distributor ↑ Date ↑ Collation ↑ ISBN ↑ Price

Annotation ↓

This book offers practical tips on living healthy through lifelong physical activity. It lays out clearly the different fitness strategies (endurance, flexibility, etc.) and goes beyond the physical programs to discuss nutrition, weight control and stress. Illustrations and charts help take students step by step through the activities. Included are an index and a list of references.
Suggested Use: General Reference
Other Use: Life Transitions 20/30

The abbreviation **hdc.** denotes hardcover edition; **pbk.** denotes paperback edition.

The abbreviation **unp.** denotes unpaged; **n.d.** denotes that no copyright date is available.

ISBN denotes the International Standard Book Number, which is usually the order number.

Dup. is an abbreviation indicating that a video is available for duplication from **Media Group**.

(CAN) indicates that a Canadian contributed to the development of the resource or that it includes Canadian content.

(SK) indicates that a Saskatchewan person contributed to the development of the resource or that it includes Saskatchewan content.

Suggested Use provides suggestions for the unit(s) that the resource best supports.

Unless suggested for use as a teacher reference, all resources are appropriate for students.

Other Use indicates the other subject area(s) and level(s) that the resource **has previously been recommended** for or is simultaneously being recommended for in Saskatchewan Learning bibliographies.

Initiative(s) indicates the Saskatchewan Learning initiative(s) that the resource supports. The initiatives include Abilities Awareness, Aboriginal Content and Perspectives, Career Development, Gender Equity and Multicultural Content and Perspectives.

Currently Out of Print but Still Useful Resources

The titles in this section are currently out of print, but may be found in many school libraries. The following website may be useful when trying to locate out-of-print titles: www.abebooks.com.

A Short List of Recommended Titles

These titles represent a starting point to support resource-based learning in Wellness 10.

Index of Suggested Uses

Titles are listed alphabetically according to the units that they best support. Teacher references and general reference materials are also included in this index.

Media Index

Titles are listed alphabetically under each media designation.

Distributor Directory

The abbreviations enclosed in parentheses following the publisher or producer represent the distributor. The full names, addresses (including e-mail and websites where available), fax and phone numbers of these companies are given in this section. Please note that some distributors provide a toll-free phone number.

Titles and Descriptions

Titles and Descriptions

Active Living: The Miracle Medicine for a Long and Healthy Life (Print-Non-Fiction). Stewart, Gordon W. Human Kinetics Publishers, Inc. (HKB), 1995. 137 p. ISBN 0-87322-678-X ($23.95 pbk.).

(CAN) While research shows that even moderate physical activity has a positive effect, many people start and then stop a fitness program due to the demands they feel it makes. This introductory resource illustrates that improvements in personal health can be accomplished through a series of small manageable steps. The emphasis is on developing an active lifestyle that will naturally provide a greater level of fitness and wellness. Assessments of activity levels, ideas on diet and nutrition, stress management and fitness routines are all discussed. The charts, graphs and illustrations add a user friendly appearance to the resource. An index is included.
Suggested Use: General Reference

Adapted Physical Activity, Recreation and Sport: Crossdisciplinary and Lifespan. 5th ed. (Print-Non-Fiction). Sherrill, Claudine. McGraw-Hill Ryerson Limited (MHR), 1998. 706 p. ISBN 0-07-250620-2 ($110.95 hdc.).

As a teacher reference, this resource provides good background information on how to promote an active, healthy lifestyle for people with special needs. Individual chapters discuss how to adapt activities for people who may be autistic, deaf, wheelchair bound, blind, suffering from a learning disability or have Down's Syndrome. Information is also provided on assessment and pedagogy techniques. Drawings and photographs illustrate the key concepts. An index is included.
Suggested Use: Physical Activity and Fitness; Teacher Reference
Initiative: Abilities Awareness

AIDS: A Handbook for the Future (Print-Non-Fiction). LeVert, Marianne. Millbrook Press Inc. (FHW), 1996. 160 p. ISBN 1-56294-660-9 ($39.95 hdc.).

In a well-laid-out format, teens are given the facts that they need to know about this complex disease. In the discussion about causes, testing and treatment, the myths are dispelled so that informed decisions can be made. Using a well-balanced approach, this resource details the particular risks facing teens and the methods of prevention. Included are a glossary, sources of information (American), recommended readings and videos, and an index.
Suggested Use: HIV/AIDS Education
Other Use: Life Transitions 20/30

AIDS and Society (Print-Non-Fiction). Merki, Mary Bronson. Glencoe/McGraw Hill (MHR), 1994. 52 p. ISBN 0-02-652624-7 ($13.78 pbk.). Teacher's Annotated Guide - ISBN 0-02-652625-5 ($15.22 pbk.).

In a visually appealing format, teens are introduced to the many questions surrounding the AIDS issue. Information on what AIDS is, how it is transmitted, its prevention, available testing procedures, and the care of AIDS patients is included. Colourful photographs and diagrams add to the format. Included are a table of contents, a glossary and an index.
Suggested Use: HIV/AIDS Education
Other Use: Health Education: Grades 6 to 9; Life Transitions 20/30

AIDS and the HIV Antibody Test: Anonymous Testing (Print-Non-Fiction). Saskatchewan Health (SPMC). No order number is required. ($FREE online).

(SK) This one-page pamphlet gives the basic information about HIV. The who, what and why of testing are explained. This is an excellent teacher reference.

While no longer available in print format, this document can be downloaded from the Saskatchewan Health website at http://www.health.gov.sk.ca/reading_

room.html.
Suggested Use: HIV/AIDS Education

Arnheim's Principles of Athletic Training: A Competency-Based Approach (Print-Non-Fiction). Prentice, William E. McGraw-Hill Ryerson Limited (MHR), 2003. 971 p. ISBN 0-07-256046-0 ($110.95 hdc.).

Formerly titled *Principles of Athletic Training,* this is an excellent resource for a teacher who is looking for comprehensive information related to the prevention and treating of injuries. Within this single resource, topics such as protective sports equipment, taping, tissue response to injury and on-the-field acute care are covered. Much of the book deals with specific sports injuries to areas such as the foot, shoulder, ankle and leg. Rehabilitation is also stressed. Photographs, drawings, critical thinking exercises, websites and review questions add to the book's effectiveness. An index and a glossary are included.

The enclosed CD includes a 3D visual guide to anatomy and physiology.
Suggested Use: Activity Related Injuries; Teacher Reference

Athletic Taping. 4th ed. (Print-Non-Fiction). Sport Medicine Council of British Columbia (SMCA), 1996. 142 p. ISBN 0-9696489-9-5 ($30.00 pbk.).

(CAN) Using excellent diagrams, this resource provides a very thorough step-by-step approach to taping virtually all types of athletic injuries. The book takes the reader through injury recognition and general taping guidelines to detailed taping instructions in specific areas such as the ankle, hand, elbow and tendons. The tabular access points provide an ease of use.
Suggested Use: Activity Related Injuries
Other Use: Physical Education 20, 30

Athletic Training for Student Assistants (Print-Non-Fiction). Cartwright, Lorin A. and Pitney, William A. Human Kinetics Publishers, Inc. (HKB), 1999. 316 p. ISBN 0-88011-753-2 ($55.50 pbk.).

This is an excellent resource for the student or teacher who wishes to learn more about athletic injuries and their treatment. The authors take a progressive approach as they first introduce the reader to the basics of anatomy and first aid and then offer a detailed look at athletic injuries that may occur in various parts of the body. The prevention and treatment of injuries are also addressed. The book includes a list of objectives, drawings and photographs, clear subsections, examples of real-world situations, a summary and questions for review. An index and a glossary are included.
Suggested Use: Activity Related Injuries; Teacher Reference
Other Use: Physical Education 20, 30

The Athletic Woman's Survival Guide: How to Win the Battle Against Eating Disorders, Amenorrhea, and Osteoporosis (Print-Non-Fiction). Otis, Carol L. and Goldingay, Roger. Human Kinetics Publishers, Inc. (HKB), 2000. 264 p. ISBN 0-7360-0121-2 ($29.95 pbk.).

Although female athletes now have many opportunities open to them, they face increasing pressures about body and self-image. This excellent resource tackles head-on the female athlete triad of eating disorders, osteoporosis and amenorrhea. These three problems are identified as the result of trying to increase performance levels while trying to be unrealistically thin. The book presents case studies and practical suggestions to reinforce the message that healthy, athletic women come in all sizes and shapes. Illustrations, charts, graphs and photographs provide good support to the text. An index is included.
Suggested Use: Healthy Eating; Physical Activity and Fitness; Teacher Reference
Initiative: Gender Equity

Backyard Habitat for Canada's Wildlife (Print-Non-Fiction). Mycio-Mommers, Luba

and Fisher, Susan. Canadian Wildlife Federation (CNW), 1997. 189 p. ISBN 1-55029-090-8 ($26.75 spiral-bound).

(CAN) Leisure can take many forms and this excellent resource promotes a hands-on approach that encourages students to create a backyard habitat. Very practical suggestions and activities help promote conservation by using the proper plants, trees and shrubs to attract wildlife. Each of the projects is graded from simple to advanced. Black-and-white and colour drawings are used to illustrate the text. A listing of suitable plants and an index are included.
Suggested Use: Leisure
Other Use: Horticulture 10, 20, 30; Wildlife Management 10, 20, 30

Beauty Begins Inside Series (Video). Please refer to the title: *What's Eating You?: Healthy Eating.*

Beth Shaw's YogaFit (Print-Non-Fiction). Shaw, Beth. Human Kinetics Publishers, Inc. (HKB), 2000. 209 p. ISBN 0-7360-3337-8 ($26.95 pbk.).

This book presents over 50 YogaFit poses and organizes them into routines that can be used in regular workouts. Information is provided on how people can use YogaFit to increase health and fitness as well as to reduce stress. Each of the poses is presented with clear instructions and large black-and-white photographs to assist with the learning process.
Suggested Use: Physical Activity and Fitness; Stress Management

Beyond Fast Foods: Nutrition Teaching Kit: Grades 10-12 (Kit). Fraser Health Authority, (FHA). 2002. No order number is required. ($20.00).

(CAN) While this resource has been written specifically to support the Career and Personal Planning Curriculum in British Columbia, the package does contain a great deal of information that is applicable to Saskatchewan curricula. The main item within the kit is an information package containing several teaching ideas and activities related to nutrition and healthy eating. In addition, there are posters and background information dealing with Canada's Food Guide. The resource is very teacher friendly and will provide many useful ideas for the classroom.
Suggested Use: Healthy Eating
Other Use: Food Studies 10, 30

Blueprint for Life/Work Designs. Rev. ed. (Print-Non-Fiction). Redekopp, Dave. The National Life/Work Centre (NLW), 2000. unp. No order number is required. ($25.00 binder).

(CAN) This resource addresses the need for high-quality career development programs for youth by providing specific guidelines that list competencies considered important to develop throughout one's life/work building process. The competencies cover the areas of personal management, learning and work exploration and life/work building. Indicators that describe more specific outcomes in terms of knowledge, skills and attitudes are also provided.

In addition to this package, there is *Blueprint for Life/Work Designs: The Quick Reference Guide.* This information is also accessible through a website at the following address: http://www.blueprint4life.ca.
Suggested Use: Relationships; Teacher Reference
Other Use: All PAA Curricula
Initiative: Career Development

Body Thieves: Help Girls Reclaim Their Natural Bodies and Become Physically Active (Print-Non-Fiction). Friedman, Sandra Susan. Salal Books (SLL), 2002. 244 p. ISBN 0-96988833-3 ($19.95 pbk.).

(CAN) The book strives to "help girls reclaim their bodies and become physically active." It does a good job of explaining factors that influence body image. It deals with media messages and has practical suggestions

regarding nutrition, weight management and physical activity.
Suggested Use: Healthy Eating; Physical Activity and Fitness; Relationships; Teacher Reference
Initiative: Gender Equity

Building Life Management Skills (Print-Non-Fiction). Merki, Mary Bronson. Glencoe/McGraw Hill (MHR), 1996. 44 p. ISBN 0-02-651796-5 ($18.65 pbk.).

This short booklet is an excellent resource for the reluctant reader. The information is concise and easy to read. Drawings, photographs and review sections add to the book's appeal. Practical advice is offered in a question-and-answer fashion. In addition to information about managing stress and time management, there is information on setting goals and effective studying. An index and a glossary are included.
Suggested Use: Relationships; Stress Management

CHILL: Straight Talk About Stress (Video). Meridian Education Corporation **(MGR),** 1995. 20 min. Dup. order no. V6727. Teacher's Guide - Order no. G6727 ($1.75 loose-leaf).

This program presents information about handling day-to-day stress or beating the blues. The key is to find a physical, emotional and mental balance for dealing with stress in our lives. The C.H.I.L.L. formula offers a way young people can handle stress: C=communicate; H=health, regarding nutrition; I="I" concerns, such as self-esteem and image; L=laid back, including relaxation techniques; and L=little at a time, as in time management. Young people talk about what stresses them, where stress comes from, and what helps them deal with stress. The program contains upbeat messages that encourage teens to recognize that they have the ability to deal with the stresses in life.
Suggested Use: Stress Management
Other Use: Health Education: Grades 6 to 9

Chuck Corbin's Fitness for Life Video Series (Video). Human Kinetics Publishers, Inc. (HKB), 2002. 25 min. ISBN 0-7360-4100-1 ($343.95 set).

Recommended titles in this series include the following:

Body Composition
Cardiovascular Fitness
Flexibility
Introduction to Lifelong Physical Fitness
Muscle Fitness.

The stated goal of this video series is to convince teenagers that a lifestyle that includes physical activity diminishes future health risks. The two student hosts discuss the benefits of a regular fitness routine in a fashion that will appeal to all students. While references are made to other resources developed by Human Kinetics, this series does stand on its own.

As suggested in the instructor's guide, the use of the videos is greatly enhanced if the teacher pauses the tape when the discussion question appears on the screen.
Suggested Use: Physical Activity and Fitness
Other Use: Physical Education 20/30

Chuck Corbin's Wellness Video Series (Video). Human Kinetics Publishers, Inc. (HKB), 2002. 30 min. ISBN 0-7360-4451-5 ($343.95 set).

Recommended titles in this series include the following:

The Activity Pyramid
Introduction to Wellness
Nutrition
Planning Healthy Lifestyles
Stress Management.

As a whole set, these videos provide a very good introduction to most areas of wellness. The first video acts as a general introduction while the others provide more detailed information about nutrition, stress

management, activity and healthy lifestyles. The videos are best used in short sections to allow for discussion after the presentation of facts. High school students are profiled. Because the series is set in the United States, it is essential to supplement the content with Canadian information about health care, food guides and the activity pyramid.
Suggested Use: General Reference

Coaching the Spirit of Sport: Building Self-Esteem (Video). Canadian Centre for Ethics in Sport (CCDS), 1995. 29 min. Order no. V-003 ($17.95).

(CAN) This video is intended for teachers, coaches and parents. It illustrates how adult expectations and reactions can affect a child's self-esteem. The video teaches coaches how their behaviour affects the students they coach. The emphasis is placed on the joy of sport.
Suggested Use: Relationships
Other Use: Physical Education: Grades 6 to 9; Physical Education 20, 30

Community Service: Is Anyone Interested? (Video). The Video Project (MCN), 1996. 13 min. No order number is required. ($150.00).

This video features several high school students who volunteer in a variety of settings. Whether it is helping out in animal shelters or working with children from low-income families, the students speak of the benefits they experience from community service.
Suggested Use: Volunteering

The Competition-Cooperation Link: Games for Developing Respectful Competitors (Print-Non-Fiction). Midura, Daniel W. and Glover, Donald R. Human Kinetics Publishers, Inc. (HKB), 1999. 146 p. ISBN 0-88011-850-4 ($29.50 pbk.).

This resource teaches students to be good competitors as well as good teammates. Its premise is that competition and cooperation are equally important in a student's physical activity. The book provides detailed instructions for 30 activities that link cooperation and competition. With each activity there are objectives, a grade range, a list of equipment needed and safety tips. Diagrams are used to illustrate each activity.
Suggested Use: Physical Activity and Fitness; Relationships; Teacher Reference
Other Use: Physical Education: Grades 1 to 5; Physical Education: Grades 6 to 9; Physical Education 20, 30

Concepts of Physical Fitness: Active Lifestyles for Wellness. 11th ed. (Print-Non-Fiction). Corbin, Charles B., et al. McGraw-Hill Ryerson Limited (MHR), 2003. 422 p. ISBN 0-07-255239-5 ($47.95 pbk.).

Where *Wellness: Concepts and Applications* (also annotated in this bibliography) stresses the health side of wellness, this resource takes a comprehensive look at wellness from the physical activity perspective. Wellness areas such as lifestyle choices, physical activities, nutrition, stress management and making informed choices are discussed. The resource is very student friendly with concise subsections, photographs, drawings, suggested health goals, lab activities and a list of websites. Although Canada's Food Guide is included, American data will need to be supplemented with Canadian information. An index is provided.

The book includes the CD-ROM *HealthQuest 4.1*, which provides an excellent interactive program dealing with health and wellness concepts.
Suggested Use: General Reference; Teacher Reference

Cool Jobs Video Series (Video). Please refer to the title: *Sports Medicine*.

Core Concepts in Health. Brief 9th ed. (Print-Non-Fiction). Insel, Paul M. and Roth, Walton T. McGraw-Hill Ryerson Limited (MHR), 2002. 420 p. ISBN 0-07-253068-5 ($61.16 pbk.).

This resource focuses on health and wellness concerns that are of great importance to teens. Topics covered include the goals of wellness, stress, mental health, relationships, sexuality, substance abuse, nutrition, fitness, weight management and safety. Each chapter contains a running glossary, a chapter summary and web connections. Fact boxes provide additional information about current issues, mind/body/spirit, diversity and being a critical consumer. The colour photographs, charts and graphs make this an appealing book for both teachers and students. Included are a table of contents, an index and a study guide.

The enclosed CD-ROM is interactive and provides students with learning aids and wellness tools.
Suggested Use: General Reference; Teacher Reference
Other Use: Life Transitions 20/30

Dangerous Games (Video). Partners in Motion **(MGR)**, 1998. 24 min. Dup. order no. V377.

(SK) The Think First Foundation of Canada estimates that every year 40 000 Canadians sustain permanent brain or spinal cord injuries. Statistics show that the most frequent cause of these injuries are motor vehicle crashes, falls and sports and recreation mishaps. These injuries are the leading cause of death for persons under the age of 34. Young people, ages 14-25 years account for one third of these injuries. The average age of the victims is 18 years, with males twice as likely to be injured as females. Host Amanda Bzdel presents the stories of several people whose lives have been forever altered by careless mistakes and suggests ways in which people, young and old alike, can learn to be more careful. Through re-creations and interviews, *Dangerous Games* presents the all-too-real drama behind brain and spinal cord injuries. With the intent of persuading teenagers that they are not invincible, the show aims to prevent needless injuries.
Suggested Use: Activity Related Injuries
Other Use: Health Education: Grades 6 to 9

Developing Healthy Communities: Fundamental Strategies for Health Promotion (Print-Non-Fiction). Four Worlds International Institute (FOUR), 1985. 97 p. ISBN 1-896905-44-7 ($14.00 spiral-bound).

(CAN) One of the strongest features of this resource is the 27 case studies involving aboriginal community development and health promotion programs. The publisher's intent in putting together this information is to make readers aware that the application of holistic perspectives in developing healthy communities opens a long range vision of how health can be promoted in aboriginal communities. Also, when examined closely and objectively, this information could provide the initial dialogue needed for the development of healthy communities for all peoples. A table of contents and a bibliography are included.
Suggested Use: General Reference
Initiative: Aboriginal Content and Perspectives

Eco-Backpacking: A Guide for Communing Softly With Nature. 3rd ed. (Print-Non-Fiction). Brawn, Christopher Alan. Al Brawn Consulting (CAB), 2001. 284 p. ISBN 0-9695401-8-3 ($28.00 coil-bound).

(CAN) What may appear to be just another manual on how to backpack also focuses on communing with nature. By viewing backpacking as an activity that allows a person to be a part of, rather than apart from, the natural world, the book encourages a leisure activity that incorporates many elements of wellness. In order to travel safely in this natural world, the reader will find all the information needed to experience the outdoors. Under the "Leader Responsibility" section, there are chapters dealing with first aid, environmental ethics, legal responsibilities and risk management plans. The section related to student responsibilities has information on clothing, backpacks, tents, weather and cooking. The second half of the

resource presents challenges for backpackers such as taking a minimum impact approach and dealing with hazards such as bears, lightning and water. It also provides information on advocacy and environmental associations. Line drawings are used throughout to illustrate the points being discussed.
Suggested Use: Leisure

Employability Skills Toolkit for the Self-Managing Learner (Print-Non-Fiction). The Conference Board of Canada (MHR), 2000. ISBN 0-07-087847-1 ($79.95 binder).

(CAN) The five modules within this practical resource are designed to help students develop and use the skills they need to enter into and progress within the world of work. The modules include information on knowing yourself, identifying and reflecting upon personal skills as well as practising and marketing these skills. The step-by-step procedures and the use of charts make this resource very user friendly.

Background information on the *Toolkit* can be obtained online at http://www.conference board.ca/education/learning-tools/toolkit.htm.
Suggested Use: Relationships; Teacher Reference
Other Use: All PAA Curricula
Initiative: Career Development

Essential Skills/Compétences Essentielles: Skills for Life, Learning and Work (CD-ROM). Human Resources Development Canada (NAD), 2000. No order number is required. ($10.00).

(CAN) Developed by Human Resources Development Canada, this resource can provide some excellent answers to students who are wondering about future careers and the skills they will need. Skills such as reading, writing, numeracy, oral communication, thinking, problem solving, working with others and computer use are all connected to 170 different occupations. Students can look up a particular career/occupation and see how each of the skills fits in, or they can look up the skill and receive a list of all the occupations that would make use of that skill. For example, if problem solving is entered as a skill it will list occupations such as mechanic, cosmetologist and carpenter. The program will then give examples of the types of problem solving that take place in each of these occupations. Students can then compare their skill levels with those that are needed on the job. Links to websites for further information are also provided.

Human Resources Development Canada's website at http://www15.hrdc-drhc.gc.ca/english/es.asp provides further information.
Suggested Use: Relationships; Teacher Reference
Initiative: Career Development
Other Use: All PAA Curricula

The Exercise and Nutrition Connection (Video). Meridian Education Corporation **(MGR)**, 1996. 17 min. Dup. order no. V3002. Teacher's Guide - Order no. G3002 ($0.70 loose-leaf).

When it comes to maintaining good health, nutrition and exercise go hand in hand. This program shows how metabolism is affected by eating and exercise. It discusses the foods needed in a healthy diet and those that should be eaten in limited amounts. It stresses how different types of exercise will promote physical fitness.
Suggested Use: Healthy Eating; Physical Activity and Fitness
Other Use: Food Studies 10, 30; Health Education: Grades 6 to 9

Fighting Invisible Tigers: A Stress Management Guide for Teens. Rev. & updated ed. (Print-Non-Fiction). Hipp, Earl. Free Spirit Publishing, Inc. (MON), 1995. 153 p. ISBN 0-915793-80-6 ($21.95 pbk.).

This appealing book addresses the pressures and problems encountered by teenagers and provides information on life skills, stress management and methods of gaining more

control over their lives. It offers insightful advice on numerous topics such as being assertive, building supportive relationships, making decisions, staying healthy and even growing a funny bone. The text is enhanced with several black-and-white illustrations. Included are a table of contents and an index.

The companion resource, *A Leader's Guide Fighting Invisible Tigers: A Stress Management Guide for Teens,* includes background information on teen stressors and suggests several classroom activities.
Suggested Use: Stress Management
Other Use: Health Education: Grades 6 to 9; Psychology 20/30

Fitness (Print-Non-Fiction). Graves, Bonnie. (Perspectives on Physical Health Series). Capstone Press, Inc. (SBC), 2000. 64 p. ISBN 0-7368-0418-8 ($30.65 hdc.).

Although this resource has been written at an introductory level, it may be just the right resource for a student who is struggling with some of the concepts. With easy-to-read text, colour photographs and short case studies, readers learn about the five kinds of fitness, the steps to success, how fit they are and how to find the right activities. An index and a glossary are included.
Suggested Use: Physical Activity and Fitness

Fitness and Health. 5th ed. (Print-Non-Fiction). Sharkey, Brian J. Human Kinetics Publishers, Inc. (HKB), 2002. 437 p. ISBN 0-7360-3971-6 ($39.95 pbk.).

The latest edition of this resource provides a comprehensive look at fitness issues, nutrition and health. The detailed information on aerobic fitness, muscular fitness, weight control, fitness at work and quality of life all assist students in creating their own action plans. Colour photographs, charts and graphs add to the book's effectiveness. An index and a glossary are included.
Suggested Use: Physical Activity and Fitness; Teacher Reference

Fitness and Wellness Strategies. 2nd ed. (Print-Non-Fiction). Seiger, Lon, et al. McGraw-Hill Ryerson Limited (MHR), 1998. 202 p. ISBN 0-697-29579-6 ($33.95 pbk.).

This book offers practical tips on living healthy through lifelong physical activity. It lays out clearly the different fitness strategies (endurance, flexibility, etc.) and goes beyond the physical programs to discuss nutrition, weight control and stress. Illustrations and charts help take students step by step through the activities. Included are an index and a list of references.
Suggested Use: General Reference
Other Use: Life Transitions 20/30

Fitness for Life. Updated 4th ed. (Print-Non-Fiction). Corbin, Charles B. and Lindsey, Ruth. Human Kinetics Publishers, Inc. (HKB), 2002. 250 p. ISBN 0-7360-4494-9 ($32.95 pbk.).

Several aspects of fitness such as getting started, flexibility and the benefits of physical activity are addressed in this excellent resource. In addition to these fitness topics, ideas about nutrition, consumer choices, managing stress and preventing injuries are addressed. Numerous charts giving information about performance ratings, self-assessment and energy expenditures complement the text. Illustrations depict each of the sample activities described. An index and a glossary are included.
Suggested Use: Physical Activity and Fitness

Fitness for Life: An Individualized Approach. 6th ed. (Print-Non-Fiction). Allsen, Philip E., Harrison, Joyce M. and Vance, Barbara. Brown & Benchmark (MHR), 1997. 284 p. ISBN 0-697-23329-4 ($45.95 pbk.).

In this well-illustrated and well-organized book, students are introduced to the skills of taking fitness and wellness into their own hands. They will learn what is involved in a fitness appraisal and in developing programs

in cardiovascular endurance, nutrition, weight control, strength training, flexibility and relaxation. By using the suggested work sheets and mastery check lists, students can create a personal fitness program. An index, a glossary and a bibliography are included.
Suggested Use: Physical Activity and Fitness; Teacher Reference
Other Use: Physical Education 20/30

Fitnessgram. 2nd ed. (Kit). Meredith, Marilu D. and Welk, Gregory J. Human Kinetics Publishers, Inc. (HKB), 2000. ISBN 0-7360-0104-2 ($289.95 kit).

Fitness testing is a key component of any health-related physical activity program. It establishes a baseline from which students can set goals and check progress. Using this software program is a very effective way to encourage students to participate in a healthy lifestyle with fitness as a key component. The benefit of this program is its measurement of health-related physical fitness rather than performance or skills. In addition to measurements, it will also recommend for each individual student the activity programs needed to be in the healthy fitness zone. Individualized reports can be printed to provide students with excellent feedback.

The kit includes *Fitnessgram 6.0* software, an administration manual, skinfold callipers, two curl-up strips, a Pacer lap counter (audiocassette and CD), sample reports, a clipboard and a wall chart.
Suggested Use: Physical Activity and Fitness
Other Use: Physical Education: Grades 1 to 5; Physical Education: Grades 6 to 9; Physical Education 20, 30

FitSmart: High School Edition (CD-ROM). Human Kinetics Publishers, Inc. (HKB), 1999. ISBN 0-7360-0222-7 ($170.95).

If students understand the concepts of fitness, they are more likely to incorporate it into their lifestyle. This CD-ROM provides a means of testing a student's knowledge about fitness. Although the program is based on American data, the implications and benefits from participation in physical activities are universal. Students are able to identify their strengths and weaknesses in the area of fitness. This knowledge can provide the motivation a student needs to adopt an active lifestyle. The test can be administered in print format or via a computer.
Suggested Use: Physical Activity and Fitness

Food and Fat. Rev. ed. (Video). Learning Seed Company (MCI), 1993. 25 min. Order no. 200020 ($29.00).

With humour and clarity, this program explains that while the word *fat* has many negative connotations, fat is actually an important part of our diets. *Food and Fat* emphasizes that a healthy diet may include up to 30% of daily calories in fat. The program also offers tips for consumers on reading food labels for fat content.
Suggested Use: Healthy Eating

Food Habits of Canadians: Changing Nutrition Issues (Print-Non-Fiction). Pasut, Laura. Beef Information Centre (BIC), 2001. 29 p. ISBN 0-9681693-3-3 ($FREE booklet).

(CAN) This short and colourful booklet presents the findings of a research study into the food habits of Canadians. Along with the brief summations related to food groups, macronutrients and micronutrients, there are activities in each chapter. Photographs, charts, graphs and tables supplement the easy-to-read text.

This document can be downloaded from www.beefinfo.org/orders_sql.cfm?cat=4.
Suggested Use: Healthy Eating
Other Use: Food Studies 10, 30

Fundamental Concepts of Fitness and Wellness (Print-Non-Fiction). Corbin, Charles B., et al. McGraw-Hill Ryerson Limited (MHR), 2001. 302 p. ISBN 0-07-240990-8 ($30.95 pbk.).

Touted as a one-stop source of information on health and fitness, this comprehensive resource covers a broad range of topics. In addition to the well-illustrated discussion on exercises, nutrition and stress management, the book goes into healthy lifestyle choices. Included are several labs that make it especially useful to teachers. An index is included.

Please note that this book is a shorter version of *Concepts of Fitness and Wellness.*
Suggested Use: Healthy Eating; Physical Activity and Fitness; Stress Management

The Game of Her Life (Video). National Film Board of Canada (NFB), 1998. 51 min. Order no. C9198 100 ($49.95).

(CAN) This video follows Canada's Olympic women's hockey team as it prepares for and then competes at the 1998 Olympics. Through the players' stories, many of the gender stereotypes about women in sports are broken down. Some of the concepts that come through in the program are the idea of women as role models in sports, issues of gender equity, the importance of setting personal and team goals and the importance of cooperation and teamwork.
Suggested Use: Relationships
Other Use: Physical Education: Grades 1 to 5; Physical Education 20, 30
Initiative: Gender Equity

Glencoe Health: A Guide to Wellness. 6th ed. (Print-Non-Fiction). Merki, Mary Bronson and Merki, Don. Glencoe/McGraw Hill (MHR), 1999. 832 p. ISBN 0-02-651562-8 ($96.78 hdc.).

Written specifically for high school students, this American resource provides support for several curricula. Physical fitness, nutrition, stress, relationships, body systems, the life cycle, drugs, HIV/AIDS and consumer choices are all covered in an appealing layout. Colour photographs, review questions, weblinks, tables, self-inventories, case studies and skill activities are featured throughout the book. Although this resource does an excellent job of introducing the basics and encouraging further study, it is essential that Canadian information supplement the American data. An index and a glossary are included.
Suggested Use: General Reference

Health: The Basics. 2nd Canadian ed. (Print-Non-Fiction). Donatelle, Rebecca J., et al. Allyn & Bacon Canada (PRN), 2001. 450 p. ISBN 0-205-31764-2 ($67.96 pbk.).

(CAN) A good overview of several health-related issues is presented in this Canadian edition of an American resource. The range areas of topics is very broad covering such things as managing stress, sexuality, fitness, drug abuse, disease and consumerism. The use of photographs is very effective, and the statistics and information have been Canadianized. An index is included.
Suggested Use: General Reference

Healthwise 2 (Print-Non-Fiction). Robertson, Al and Mang, Lesley. Nelson Thomson Learning (NEL), 1990. 240 p. ISBN 0-17-602668-1 ($36.45 pbk.).

(CAN) Although this resource is getting a little dated, it does offer an attractive and comprehensive presentation of Wellness 10 topics. Its intent is to help students make healthy choices for personal wellness. The strengths of this book are its strong Canadian content and its incorporation of all the C.E.L.s. The book is particularly useful for the reluctant reader. Included are a table of contents, a glossary and an index.
Suggested Use: General Reference
Other Use: Health Education: Grades 6 to 9; Life Transitions 20/30

Healthy and Well (Print-Non-Fiction). Campbell, Judith. (Lifechoices Series). Prentice Hall Inc. (PRN), 1996. 96 p. ISBN 0-13-244195-0 ($19.75 pbk.)

(CAN) In an attractive magazine format, this resource contains a collection of articles, case

studies, quizzes, charts, graphs and cartoons. The information presented focuses on how young people can achieve both a healthy mind and a healthy body. This resource includes information on stress management, healthy eating, physical fitness, AIDS, substance use and abuse, and sexually transmitted diseases. A brief glossary of terms is provided.
Suggested Use: General Reference
Other Use: Life Transitions 20/30

Healthy Change (Video). (Making Healthy Choices Series). Whole Person Associates Inc. (WPP), 1995. 26 min. No order number is required. ($99.00 U.S.).

Viewers learn that setting goals and making plans are starting points toward wellness. Some people plan to change for a purpose and others change as a result of a life crisis. The concept of balance is affirmed throughout the video. Well people keep their lives in balance by making choices in light of their priorities. Note: This video could be very effective as a staff professional development tool.
Suggested Use: Orientation

Healthy Eating (Video). (Making Healthy Choices Series). Whole Person Associates Inc. (WPP), 1995. 24 min. No order number is required. ($99.00 U.S.).

This program focuses on clear, simple guidelines for shopping and cooking in healthy ways. A strong feature of the video is the stop-and-reflect sections where students stop and reflect on what they know about healthy eating and what they do with that information in day-to-day eating. The video begins by connecting eating to our relationships and mental management. It will be necessary to provide information on Canada's Food Guide as this program focuses on the American Food Pyramid.

The accompanying guide assists students to identify a healthy challenge and to design a plan for action.
Suggested Use: Healthy Eating

Healthy Exercise (Video). (Making Healthy Choices Series). Whole Person Associates Inc. (WPP), 1995. 19 min. No order number is required. ($99.00 U.S.).

Viewers are encouraged to assess their physical activity pattern. Barriers to regular activity are identified. Deciding on activities that we enjoy and designing and carrying out a plan are the focus of the video. Making it fun, celebrating successes, and keeping a log or chart are presented as strategies to regular physical activity.
Suggested Use: Physical Activity and Fitness

Healthy Lifestyle (Video). (Making Healthy Choices Series). Whole Person Associates Inc. (WPP), 1995. 23 min. No order number is required. ($99.00 U.S.).

A variety of wellness professionals outline the components of wellness as healthy lifestyle, healthy eating, healthy exercise, healthy stress, healthy relationships and healthy change.
Suggested Use: Orientation

Healthy Relationships (Video). (Making Healthy Choices Series). Whole Person Associates Inc. (WPP), 1995. 25 min. No order number is required. ($99.00 U.S.).

Viewers learn how to nurture existing relationships and to build new ones. The idea of a support network is featured including advantages of support networks and how to strengthen them. The program emphasizes that healthy relationships are maintained by giving and receiving.
Suggested Use: Relationships

Healthy Stress (Video). (Making Healthy Choices Series). Whole Person Associates Inc. (WPP), 1995. 24 min. No order number is required. ($99.00 U.S.).

Wellness experts help viewers determine personal causes of stress and ways to reduce stress. Stress is presented as both positive

and negative. Viewers learn ways to monitor stress symptoms and some stress management techniques.
Suggested Use: Stress Management

Highs!: Over 150 Ways to Feel Really, Really Good...Without Alcohol or Other Drugs (Print-Non-Fiction). Packer, Alex J. Free Spirit Publishing, Inc. (MON), 2000. 151 p. ISBN 1-57542-074-0 ($26.95 pbk.).

Stress is a factor that affects virtually everyone in our society. This resource provides an informative and entertaining look at what stress is all about and how to relieve stress through natural means. The author discusses the benefits of each of the techniques in decreasing stress. He also provides suggestions on how to carry out the activities and lists agencies to contact for professional support. One shortcoming of the book is that the agencies listed are American. The activities discussed cover a very broad range from breathing exercises to the benefits of exercise, sports, healthy eating, intellectual pursuits and connecting with friends, family and pets. An index is included.
Suggested Use: Stress Management

HIV & AIDS: What You Need to Know (Print-Non-Fiction). Saskatchewan Health (SPMC), n.d. unp. No order number is required. ($FREE booklet).

(SK) Within this short brochure, Saskatchewan Health provides the basic facts students need to know about how HIV is spread, how to avoid contacting HIV and the HIV testing procedure. This is an excellent teacher reference.
Suggested Use: HIV/AIDS Education; Teacher Reference

The HIV Test Experience Study: An Analysis of Test Providers' and Test Recipients' Descriptions and Critical Appraisals of the HIV Antibody Test... (Print-Non-Fiction). Myers, Ted, et al. National AIDS Clearinghouse (NACL), 1998. 72 p. ISBN 0-7727-8751-4 ($FREE pbk.).

(CAN) The title alone is a strong indicator that this resource is meant for teachers, not students. The book contains the results of a study done by the Ontario Ministry of Health to describe and analyse HIV pre- and post-test counselling. While this may sound rather academic, the expanded table of contents and the inclusion of several case studies does provide a great deal of useful information for the teacher. Discussions about the reasons for testing, types of testing, waiting periods and the effects of receiving negative or positive results are some of the areas covered.
Suggested Use: HIV/AIDS Education; Teacher Reference

The HIV Test: Who Should Take It? What Does It Show? (Video). Human Relations Media/HRM Video **(MGR)**, 1993. 26 min. Dup. order no. V556. Teacher's Guide - Order no. G556 ($0.65 loose-leaf).

This program answers questions and provides a common sense approach to the complex issues surrounding HIV and testing. It provides information on the AIDS virus, antibody tests and risk factors, empowering students to make educated decisions. Because this is an American production, it is important for teachers to provide relevant Canadian information. As with any resource on this topic, the video should be previewed to ensure that it meets the needs of the students and the community.

Supporting print is available from Media Group.
Suggested Use: HIV/AIDS Education
Other Use: Life Transitions 20/30

Holt Health (Print-Non-Fiction). Greenberg, Jerrold and Gold, Robert. Holt, Rinehart & Winston (HBJ), 1999. 709 p. ISBN 0-03-051123-2 ($59.95 hdc.).

Based on a decision-making model, this attractive American resource provides chapter overviews, unit previews, a planning guide, content background, activities to support the adaptive dimension and suggestions for assessment. It addresses a variety of health and wellness topics including nutrition, eating disorders, fitness, stress, death, substance abuse, relationships, diseases (including HIV/AIDS), first aid and protecting the environment. The text is supported with a wide variety of colour illustrations. Included are a table of contents, a glossary and an index.
Suggested Use: General Reference
Other Use: Life Transitions 20/30

Issues in Focus Series (Print-Non-Fiction). Please refer to the title: *Violence in Sports.*

It's Not Just Gym Anymore: Teaching Secondary School Students How to Be Active for Life (Print-Non-Fiction). McCracken, Bane. Human Kinetics Publishers, Inc. (HKB), 2001. 247 p. ISBN 0-7360-0127-1 ($48.50 pbk.).

While mastering the skills of basketball or volleyball may be of value to the elite athlete, most students will never use these skills once they leave high school. This book is full of ideas aimed at students adopting a lifestyle of lifelong fitness. The first section of the resource provides the theoretical basis and practical strategies for developing such a program. Areas such as understanding what motivates people to stay fit, designing a course according to the needs of the students, integrating computers and the Internet into a physical education class and developing a portfolio system of assessment are discussed. In the second section, teaching strategies for nontraditional programs such as mountain biking, fly-fishing, hiking, orienteering and skiing are provided. Photographs, charts and drawings supplement the text. An index is included.
Suggested Use: Leisure; Physical Activity and Fitness; Teacher Reference
Other Use: Physical Education 20, 30

Kinetic Anatomy (Print-Non-Fiction). Behnke, Robert S. Human Kinetics Publishers, Inc. (HKB), 2001. 281 p. ISBN 0-7360-0016-X ($61.95 pbk.).

For the teacher who is involved in physical education classes, coaching or treating sports injuries, this title will be a welcome addition to a resource collection. How anatomy affects movement is explained through the use of text, excellent photographs, diagrams and charts. The book emphasizes hands-on learning as students identify their own body structures and how movement affects them. Each chapter begins with an outline and concludes with a review, suggested learning activities and questions. The expanded table of contents can help guide students to the part of the body they wish to study.
Suggested Use: Activity Related Injuries
Other Use: Physical Education 20, 30

Leisure Education III: More Goal-Oriented Activities (Print-Non-Fiction). Stumbo, Norma J. Venture Publishing, Inc. (VPI), 1997. 381 p. ISBN 0-910251-91-6 ($24.95 U.S. loose-leaf).

Following a discussion about the conceptual foundations to leisure, this resource provides over 100 leisure awareness activities. While none of the activities are skill orientated, they do get the participants involved and thinking about leisure. Each activity includes step-by-step instructions, discusses goals and offers variations. In addition to leisure awareness activities, there are activities related to social skills, decision making and leisure resources.
Suggested Use: Leisure; Teacher Reference

Leslie Beck's 10 Steps to Healthy Eating: How to Boost Energy, Manage Weight and Prevent Disease With Food, Diet and Nutrition (Print-Non-Fiction). Beck, Leslie. Viking Penguin (CDS), 2002. 242 p. ISBN 0-670-04331-1 ($35.00 hdc.).

(CAN) Most Canadians recognize nutrition as an essential element to a healthy lifestyle, but often there is confusion about the best

direction to take. This resource does an excellent job of presenting the facts about healthy eating and avoids the fads and gimmicks that are so prevalent. The expanded table of contents allows easy access to short sections related to topics such as carbohydrates, protein, strategies to eat more fruits and vegetables, successful weight loss and reasons to exercise. Tip sheets, quizzes, meal planners and recipes enhance the usefulness of the book. An index is included.
Suggested Use: Healthy Eating
Other Use: Food Studies 10, 30

Life in the Fast Food Lane (Video). Cambridge Educational (MCI), 1997. 30 min. Order no. 010148 ($109.00).

Although this video is American, the issues surrounding the predominance of fast food in our diets is very similar. Tips are offered for making wise fast food choices and for cutting fat and calories. A comparison of the nutritional value found in many fast food items is also given.
Suggested Use: Healthy Eating
Other Use: Food Studies 10, 30

Lifechoices Series (Print-Non-Fiction). Please refer to the title: *Healthy and Well.*

Maintaining a Healthy Weight (Video). Human Relations Media/HRM Video (HURM), 1999. 29 min. Order no. RG-364 ($199.00).

Teenagers often receive conflicting messages about food and body weight. On the one hand, there is pressure to live up to the "perfect" body image; at the same time, there is continuous advertising that tempts teenagers to consume junk food. This video helps young people sort through all of the hype and realize that a person need not be thin to be healthy. The program informs viewers that the best way to maintain a healthy weight is through a proper diet and physical activity.
Suggested Use: Healthy Eating; Physical Activity and Fitness

Making Healthy Choices Series (Video). Please refer to the titles: *Healthy Change, Healthy Eating, Healthy Exercise, Healthy Lifestyle, Healthy Relationships* and *Healthy Stress.*

Manon Rhéaume: Woman Behind the Mask (Video). National Film Board of Canada (NFB), 2000. 47 min. Order no. C9100 066 ($49.95).

(CAN) In 1992, Manon Rheaume became the first woman to play professional hockey. The video provides an excellent portrayal of the trials and tribulations that Manon went through to accomplish her dream. Her later role as goalie for the women's Olympic team has been an inspiration to many women in sport.
Suggested Use: Relationships
Other Use: Life Transitions 20/30; Physical Education: Grades 6 to 9; Physical Education 20, 30
Initiative: Gender Equity

Motivating People to be Physically Active (Print-Non-Fiction). Marcus, Bess H. and Forsyth, LeighAnn H. (Physical Activity Intervention Series). Human Kinetics Publishers, Inc. (HKB), 2003. 220 p. ISBN 0-7360-4064-1 ($46.95 pbk.).

The objective of this title, and series, is to provide useful educational resources to professionals who are interested in promoting physical activity programs to a diverse and potentially unwilling population. With statistics indicating a greater proportion of inactive teens, this may well be a very timely resource. Exercises, worksheets, log pages and questionnaires are included to assist teachers in this task.
Suggested Use: Physical Activity and Fitness; Teacher Reference

Moving to Inclusion: Active Living Through Physical Education (Print-Non-Fiction). Health Canada (ALV), n.d. unp. No order number is required. ($25.00 binder).

(CAN) This introduction to inclusion of students with disabilities consists of a binder of nine manuals, each dealing with a specific area of disability. The manuals are designed to help teachers include students with disabilities in as many activities as possible through identifying and addressing concerns. The manuals provide useful information on lesson planning. In addition to an introduction, titles of the manuals include the following:

Skiing for the Student With a Disability
The Student Who Is Deaf or Hard of Hearing
The Student Who Is Physically Awkward
The Student Who Uses a Wheelchair
The Student With a Visual Impairment
The Student With an Amputation
The Student With an Intellectual Disability
The Student With Cerebral Palsy
The Student With Multiple Disabilities.

This introductory binder contains an abridged version of the manuals. Individual binders with comprehensive information on each topic are also available.
Suggested Use: Physical Activity and Fitness; Relationships; Teacher Reference
Other Use: Physical Education: Grades 1 to 5; Physical Education: Grades 6 to 9
Initiative: Abilities Awareness

Nancy Clark's Sports Nutrition Guidebook. 2nd ed. (Print-Non-Fiction). Clark, Nancy. Human Kinetics Publishers, Inc. (HKB), 1997. 455 p. ISBN 0-87322-730-1 ($29.95 pbk.).

Not only does this book offer very practical advice on sports nutrition, one third of the book provides easy-to-follow recipes to make the meals that are discussed. While the title may indicate sports nutrition, the book is actually about eating well for health and fitness. The needs of the athlete are addressed, but the approach is general and will appeal to those looking for an improved level of wellness. Topics such as snacks, salads, nutrition before and during exercise, hydration and weight management are covered. Line drawings, charts and graphs are used throughout the book. An index is included.
Suggested Use: Healthy Eating

Nutrition & Wellness (Print-Non-Fiction). Duyff, Roberta Larson. McGraw-Hill Ryerson Limited (MHR), 2000. 576 p. ISBN 0-02-643216-1 ($60.26 hdc.).

With an easy-to-read text and colourful illustrations, this resource provides students with an excellent introduction to nutrition and its role in a healthy lifestyle. Several practical suggestions are given on how to prepare healthy meals and snacks. Information is also provided on topics such as shopping smart, making healthy choices at restaurants and fuelling up for fitness. It will be essential to supplement the American Food Pyramid and guidelines with Canadian information. This book includes many ideas for student projects. An index and a glossary are included.
Suggested Use: Healthy Eating
Other Use: Food Studies 10, 30

Nutrition, Food and Fitness: The Science of Wellness (Print-Non-Fiction). West, Dorothy F. Goodheart-Willcox Publisher (NEL), 2004. 510 p. ISBN 1-56637-933-4 ($83.95 hdc.).

With nutrition as the core concept, this resource takes a comprehensive look at the concept of wellness. The first four sections look at many aspects of nutrition such as food choices, guidelines, energy and non-caloric nutrients and management of nutrition as a lifelong activity. The second half of the book looks at exercise, fitness, stress, substance abuse, wise consumerism and making informed choices. Each chapter begins with objectives and a list of terms and summary, questions for review and suggestions for further research. The colour photographs, drawings, charts and tables all make the book very user friendly. An index and a glossary are included.

Suggested Use: Healthy Eating
Other Use: Food Studies 10, 30

Nutrition for Health, Fitness & Sport. 6th ed. (Print-Non-Fiction). Williams, Melvin H. McGraw-Hill Ryerson Limited (MHR), 2002. 509 p. ISBN 0-07-248941-3 ($84.17 pbk.).

Although it is written for post-secondary students, this resource does offer a great deal of information for the teacher. Following an introduction to the role of nutrition in wellness, detailed information is provided in areas such as the essential nutrients, dietary guidelines, metabolism, carbohydrates for exercise, fats, body weight and exercise programs. Within each chapter, questions such as "Does exercise affect the appetite?" are posed and discussed. Photographs, drawings, charts and tables are used to highlight the key points. It will be necessary to supplement the American data with Canadian information. An index and a glossary are included.
Suggested Use: Healthy Eating; Teacher Reference

The 101 Most Asked Nutrition Questions: Including the 7 Steps to Eating for Energy (Print-Non-Fiction). Chuey, Patricia. Eating for Energy (EFE), 1999. 361 p. ISBN 0-9685371-0-3 ($20.00 pbk.).

(CAN) *The 101 Most Asked Nutrition Questions* offers information that should delight many students. Two examples follow:

- a food plan that includes a nutritious breakfast can actually help people to lose weight
- a food plan that includes 80% nutritious foods and 20% non-nutritious foods is still considered to be healthy.

The questions and short responses are organized according to topics such as vitamins and minerals, super foods, nutrition for performance, shape management and adjusting recipes for smarter eating.
Suggested Use: Healthy Eating
Other Use: Food Studies 10, 30

Out for a Change: Addressing Homophobia in Women's Sport (Video). Woman Vision Productions (TRM), 1995. 28 min. No order number is required. ($150.00 U.S.).

Sensitive issues can often be difficult to deal with in the classroom. These difficulties could be due to community standards, student attitudes or the lack of resources. *Out for a Change: Addressing Homophobia in Women's Sports* is a groundbreaking video that will provide excellent background information for the teacher who wants to deal with the issue. Although the information is presented in a very sensitive and objective manner, each teacher should decide on the suitability of this video with regard to his or her own particular situation. The video is recommended as a teacher resource.

Women athletes, gay and straight, at the university and professional level are interviewed about their experiences in the world of sport. The emphasis is on how they have had to deal with the labels and derogatory comments from teammates, coaches, fans and peers. The emotional and physical toll this takes on the athletes is overwhelming. Many women are prevented from participating in sports while others find their performance hindered. This excellent video could help to create a more inclusive attitude in our communities.
Suggested Use: Relationships; Stress Management; Teacher Reference
Other Use: Social Studies 20/History 20
Initiative: Gender Equity

Partnering Dance and Education: Intelligent Moves for Changing Times (Print-Non-Fiction). Hanna, Judith Lynne. Human Kinetics Publishers, Inc. (HKB), 1999. 255 p. ISBN 0-88011-511-4 ($51.95 pbk.).

In this American text, Dr. Judith Lynne Hanna presents a compelling argument for making dance central to every student's education. She examines current trends and issues in education to show how dance can be successfully justified and taught in today's

changing educational environment. The book addresses difficult questions including the following:

- Is dance education in and of itself worthwhile?
- What can be learned in, about and through dance?
- Do we teach gender roles in dance education?

This resource is intended as a reference for dance educators, school administrators, policy makers and teachers who want to increase their knowledge about the value of dance.
Suggested Use: Leisure
Other Use: Arts Education: Grades 6 to 9; Arts Education 10, 20, 30

PE for You (Print-Non-Fiction). Honeybourne, John, Hill, Michael and Wyse, Jon. Nelson Thornes Publishers (BHU), 1998. 250 p. ISBN 0-7487-3277-2 ($33.20 pbk.).

This concise publication is geared toward giving students a general overview to all areas of physical education. Some of the key areas covered include anatomy, factors affecting performance such as diet and drugs, safety and sports injuries, participation and issues in sports. As can be seen from these topics, the book is very wide ranging as it moves from a scientific examination of the muscular system to hooliganism in sports. Each chapter begins with objectives, contains several drawings and photographs, uses side boxes for quick quizzes, facts and skills, and ends with ideas for review. An index and a glossary are included.
Suggested Use: Physical Activity and Fitness; Teacher Reference
Other Use: Physical Education 20, 30

Personal Fitness: Looking Good - Feeling Good. 4th ed. (Print-Non-Fiction). Williams, Charles S., et al. Kendall/Hunt Publishing Co. (KHP), 2000. 262 p. Order numbers follow.

Recommended components are as follows:

Student text - ISBN 0-7872-4726-X
($42.99 U.S. hdc.)
MicroTest III - ISBN 0-7872-8883-7
($99.99 U.S.)
Classroom video - ISBN 0-7872-4732-2
($179.99 U.S. for 3 videos)
Teacher's video - ISBN 0-7872-4733-4
($89.99 U.S.)
Video package - ISBN 0-7872-5161-5
($219.99 U.S. for 4 videos).

Keeping students involved and interested in lifelong fitness is the goal of this excellent resource. While the term *wellness* is not used in the book, most of the components of the curriculum are covered. There are concise sections on fitness, flexibility, nutrition, stress, consumer issues and designing your own fitness program. Each chapter begins with a set of objectives and ends with questions for further discussion. Photographs and drawings enhance the text. An index and a glossary are included.

Two demo disks are also available.
There are four videos that tie in with the student book; however, the resource can be used independently.
Suggested Use: Physical Activity and Fitness
Other Use: Physical Education 20, 30

Perspectives in Nutrition. 5th ed. (Print-Non-Fiction). Wardlaw, Gordon M. and Kessel, Margaret W. McGraw-Hill Ryerson Limited (MHR), 2002. 824 p. ISBN 0-07-253509-1 ($130.95 hdc.).

Intended for use by post-secondary students, this American resource does provide an excellent overview of the subject. Detailed information is provided on the basics of a healthy diet, energy-yielding nutrients, nutrition for fitness, eating disorders, vitamins and minerals, nutrition during various life stages and putting nutrition into practice. Colour photographs, drawings, charts, tables and graphs are used throughout the book. Each chapter ends with a summary and study questions. It will be necessary to supplement

the American data with Canadian information. An index and a glossary are included. The enclosed CD-ROM, *FoodWise*, allows users to create a personalized analysis of their nutrition and exercise patterns.
Suggested Use: Healthy Eating

Perspectives on Physical Health Series (Print-Non-Fiction). Please refer to the title: *Fitness.*

Physical Activity and Fitness (Print-Non-Fiction). Merki, Mary Bronson. Glencoe/McGraw Hill (MHR), 1999. 44 p. ISBN 0-02-653159-3 ($15.50 pbk.).

Similar to Merki's other resource, *Building Life Management Skills,* this resource is also designed for the reluctant reader. In a very concise style, the author explains the benefits of physical activity, ways to assess one's fitness, ways to get motivated and ways to establish an exercise routine for endurance, strength and flexibility. The importance of nutrition is also stressed. Photographs, drawings, graphs and review boxes all add to the excellent content and appearance of the book. An index and a glossary are included.
Suggested Use: Physical Activity and Fitness

Physical Activity for Health and Fitness (Print-Non-Fiction). Jackson, Allen W., et al. Human Kinetics Publishers, Inc. (HKB), 1999. 367 p. ISBN 0-88011-599-8 ($49.95 pbk.).

Although there are several excellent resources related to fitness, the strength of this book lies in its labs, case studies and healthcheck questions. With these features, the book becomes very personalized for students and teachers. Physical activity is the core concept around which topics such as fitness, nutrition, physical and mental health are connected. Colour photographs and drawings are used along with charts, graphs and points of interest to make this resource user friendly. An index and a glossary are included.
Suggested Use: Physical Activity and Fitness; Teacher Reference

Physical Activity Intervention Series (Print-Non-Fiction). Please refer to the title: *Motivating People to Be Physically Active.*

Physical Best Activity Guide: Secondary Level (Print-Non-Fiction). American Alliance for Health, Physical Education, Recreation and Dance. Human Kinetics Publishers, Inc. (HKB), 1999. 228 p. ISBN 0-88011-971-3 ($42.95 pbk.).

This resource focuses on delivering a health-related physical education program. To accomplish this goal, background and activities are given that allow the students to gain the knowledge, skills, appreciation and confidence to lead physically active and healthy lives. Part I examines issues such as the components of health-related fitness, motivation, teaching principles, nutrition and managing the program. In Part II, more than 60 activities are presented to encourage aerobic fitness, muscular strength, flexibility and body composition. Each of these activities is presented on a two-page spread and gives step-by-step instructions with illustrations.
Suggested Use: Healthy Eating; Physical Activity and Fitness; Teacher Reference
Other Use: Physical Education 20, 30

Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide (Print-Non-Fiction). American Alliance for Health, Physical Education, Recreation and Dance. Human Kinetics Publishers, Inc. (HKB), 1999. 397 p. ISBN 0-88011-983-7 ($67.50 pbk.).

For the teacher who is not a specialist in the area, this resource is very good at providing the background and basic components for a successful program in physical education. The goal of the resource is to promote lifelong fitness through physical education. The "what" and the "how" of a health-related physical fitness education program are

provided. Teaching ideas, assessment tips, organization and administration skills are also presented. Photographs, drawings and tables are used throughout the text. An index is provided.
Suggested Use: Physical Activity and Fitness; Teacher Reference
Other Use: Physical Education: Grades 6 to 9; Physical Education 20, 30

Physical Education: Who Needs It? and Why Study It? (Video). Cambridge Educational **(MGR)**, 1996. 30 min. Dup. order no. V2984.

This upbeat program dispels common myths and inspires students to learn more about the field of physical education. The challenges and opportunities in the area are graphically illustrated by showing that physical education is more than teaching a wide range of sports and physical fitness. Through interviews with coaches, professional athletes and physiologists, the program shows how physical education now encompasses nutrition, biology, physiology and sports psychology. It also gives viewers an appreciation for the wide variety of careers available in this field.
Suggested Use: Orientation
Other Use: Life Transitions 20/30

Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity (Print-Non-Fiction). Carter, Jill, et al. Human Kinetics Publishers, Inc. (HKB), 2001. 523 p. ISBN 0-7360-3105-7 ($72.95 pbk.).

Although designed as a curriculum guide for an American program, this resource does provide some excellent ideas that can be used to support Saskatchewan's curricula for physical education and wellness. The book provides a common sense approach to steering students towards an active and healthy lifestyle. By using the practical lesson plans, teachers may be able to help increase students' physical activity level, decrease their television viewing and improve their eating habits. The program can also be integrated with math, science and social studies. Figuring out the fat content of sample foods is covered in math, food for energy is dealt with in science, and the effect of fast food industry advertising is examined in social studies.
Suggested Use: Healthy Eating; Physical Activity and Fitness; Teacher Reference
Other Use: Physical Education: Grades 6 to 9

Principles and Methods of Adapted Physical Education and Recreation. 9th ed. (Print-Non-Fiction). Auxter, David, Pyfer, Jean and Huettig, Carol. McGraw-Hill Ryerson Limited (MHR), 2001. 718 p. ISBN 0-07-246709-6 ($110.95 hdc.).

Very basic but thorough information on helping students with disabilities integrate into the regular classroom is presented in this resource. Each chapter begins with objectives, includes case studies and concludes with suggested activities and a summary. Photographs, tables and charts are used to supplement the well-formatted text. An index and a glossary are included.

The booklet *Gross Motor Activities for Young Children With Special Needs* and access to *PowerWeb: Health* are included with the book.
Suggested Use: Physical Activity and Fitness; Relationships; Teacher Reference
Initiative: Abilities Awareness

The Relaxation & Stress Reduction Workbook. 5th ed. (Print-Non-Fiction). Davis, Martha, Eshelman, Elizabeth Robbins and McKay, Matthew. New Harbinger Pubns. (RAI), 2000. 294 p. ISBN 1-57224-214-0 ($31.95 pbk.).

This resource offers a simple, concise and step-by-step approach to learning several stress reduction techniques. Following a general discussion about stress, the majority of the book examines the different sources of stress and stress reduction techniques. In a workbook approach, techniques are offered for breathing, meditation, visualizing, time management, nutrition and exercise. Several

drawings, charts and tables supplement the information. An index is included.
Suggested Use: Stress Management
Other Use: Life Transitions 20/30; Psychology 20/30

The Right Moves: A Girl's Guide to Getting Fit and Feeling Good (Print-Non-Fiction). Schwager, Tina and Schuerger, Michele. Free Spirit Publishing, Inc. (MON), 1998. 273 p. ISBN 1-57542-035-X ($24.95 pbk.).

In a light-hearted, down-to-earth style, this practical resource focuses on how young women can achieve a healthy level of fitness by developing a positive self-image, choosing nutritious foods and exercising regularly. Quotes, quizzes, tips and humourous illustrations add spice to this very appealing book. Included are a table of contents, a bibliography and an index.
Suggested Use: Healthy Eating; Physical Activity and Fitness; Relationships
Other Use: Health Education: Grades 6 to 9
Initiative: Gender Equity

The Sacred Tree. 2nd ed. (Print-Non-Fiction). Bopp, Judie, et al. Four Worlds International Institute (FOUR), 1985. 82 p. ISBN 1-896905-00-5 ($12.60 pbk.).

(CAN) Evocative black-and-white drawings in this resource illustrate the teachings of the Sacred Tree, Medicine Wheel, First Principles and Gifts of the Four Directions. This book demonstrates the effective use of symbolism to define and explain difficult abstract concepts.
Suggested Use: Relationships
Other Use: Psychology 20/30
Initiative: Aboriginal Content and Perspectives

Saskatchewan Trails: A Guide to Nature Walks and Easy Hikes. 2nd ed. (Print-Non-Fiction). Karpan, Arlene and Karpan, Robin. Parkland Publishing (PKL), 2001. 288 p. ISBN 0-9683579-4-6 ($19.95 pbk.).

(SK) Now there is a new edition of this well-organized, practical resource that invites readers to take a hike! It provides an informative, detailed guide to over 100 trails. The trails are located throughout Saskatchewan's various landscapes including prairie grasslands, aspen parkland, boreal forest, shield country, badlands, lakelands and river valleys. The information on each trail includes distance, time to allow for the hike, access, facilities and cautions. This resource would serve as a valuable guide for teachers when choosing a location for an appropriate field trip to encourage a leisure activity. Numerous black-and-white photographs and maps support the reader friendly text. Included are a table of contents and an index.
Suggested Use: Leisure; Physical Activity and Fitness
Other Use: Forestry Studies 20, 30; Science: Grades 6 to 9; Science 10; Science: Grades 10 to 12; Wildlife Management 10, 20, 30

Senior Physical Education: An Integrated Approach (Print-Non-Fiction). Kirk, David, et al. Human Kinetics Publishers, Inc. (HKB), 1999. 215 p. ISBN 0-88011-788-5 ($42.95 pbk.).

This excellent teacher reference introduces several concepts of sports science. The learning theories regarding physical activity are discussed as are the physiological and sociocultural dimensions of physical activity. The intent of the book is to provide a balanced and informed view of physical education and to apply this knowledge to a wide range of physical activities. Drawings, photographs, tables and charts are all used to integrate movement concepts into practice with different activities. An index is included.
Suggested Use: Physical Activity and Fitness; Teacher Reference
Other Use: Physical Education 20, 30

Sideline Help (Print-Non-Fiction). Steele, Marshall K., III. Human Kinetics Publishers, Inc. (HKB), 1996. 141 p. ISBN 0-87322-786-7 ($19.95 pbk.).

As is indicated on the front cover, this book serves as a "guide for immediate evaluation and care of sports injuries." Following a general discussion about the essential skills that are needed and emergency care guidelines, the majority of the book deals with the 18 most common injuries. These range from critical injuries to the neck and head to sprained ankles and bruised knees. Each injury is handled with a flowchart that clearly outlines the symptoms and the treatment that should be followed. The drawings depict Middle Level students, but the information is more relevant to Secondary Level students.
Suggested Use: Activity Related Injuries

Sport First Aid. Updated ed. (Print-Non-Fiction). Flegel, Melinda J. Human Kinetics Publishers, Inc. (HKB), 1997. 187 p. ISBN 0-88011-556-4 ($36.95 pbk.).

Designed for physical education coaches and teachers, this resource contains information about basic first aid skills for sports. Several chapters explain further the first aid procedures for specific injuries. Diagrams are used to help explain the injuries and the procedures for teachers to follow. This practical resource includes a table of contents, a glossary and an index.
Suggested Use: Activity Related Injuries
Other Use: Health Education: Grades 6 to 9; Physical Education 20, 30

A Sporting Chance: Sports and Gender (Print-Non-Fiction). Steiner, Andy. Lerner Publications (SBC), 1995. 96 p. ISBN 0-8225-3300-6 ($30.65 hdc.).

Just how far have women come in trying to obtain equal opportunity in the field of sport? Students may be surprised to learn that it was 1972 before women were allowed to enter the Boston Marathon. In an easy-to-read and well-illustrated text, the author traces the growth of women in sports, and the problems that are still to be faced. Issues such as the conflict between society's expectations of women versus the reality of the playing field and whether women get a fair chance to succeed are examined. An index and a bibliography are included.
Suggested Use: Relationships
Other Use: Physical Education: Grades 6 to 9; Physical Education 20, 30
Initiative: Gender Equity

Sports Medicine (Video). (Cool Jobs Video Series). McIntyre Media Limited **(MGR),** 2002. 30 min. Dup. order no. V1008.

Head trainer for the Winnipeg Blue Bombers Jeff Fisher, talks about training regiments for the players and the importance of proper nutrition and exercise. Dr. Greg Gannon of the University of Manitoba, Faculty of Physical Education and Recreation Studies is interviewed.
Suggested Use: Activity Related Injuries
Other Use: Career and Work Exploration 10, 20, A30, B30
Initiatives: Aboriginal Content and Perspectives; Career Development

Step Into the World of Workplace Learning: A Collection of Authentic Workplace Materials (Print-Non-Fiction). Lewe, Glenda and MacLeod, Carol D. Nelson Thomson Learning (NEL), 2001. 303 p. ISBN 0-17-608571-8 ($39.95 binder).

(CAN) As the title indicates, this package is aimed at providing the classroom teacher with materials actually used in the workplace. Samples of newsletters, contracts, tables and graphs that are used in the workplace are provided so students will be able to acquire and enhance workplace competencies. In addition to workplace competencies, students can also acquire knowledge of the occupations that use the documents, the essential skills that are needed in that job and a better idea of the norms of the world of work. The collection is not designed to be used directly by learners, but rather to help teachers develop learning activities. The occupations highlighted are real-world jobs that do not require university training.

This information is also accessible on a website at http://www15.hrdc-drhc.gc.ca/awm/default.asp.
Suggested Use: Relationships; Teacher Reference
Other Use: All PAA Curricula
Initiative: Career Development

Step Up to Wellness: A Stage-Based Approach (Print-Non-Fiction). Bishop, Jan Galen and Aldana, Steven G. Allyn & Bacon Canada (PRN), 1999. 412 p. ISBN 0-205-27970-8 ($51.16 pbk.).

This excellent resource covers most of the wellness components from a fitness and health perspective. Following a general discussion that defines a wellness lifestyle, topics such as physical activity, endurance, flexibility, strength, nutrition, stress, relationships and substance abuse are covered. Each chapter includes objectives, key terms, feature boxes and labs. The use of several charts and graphs add to the book's usefulness. Colour photographs and drawings are found throughout the book. An index and a glossary are included.
Suggested Use: General Reference

Steps to Success Activity Series. 2nd ed. (Print-Non-Fiction). Human Kinetics Publishers, Inc. (HKB), 1995-96. Order numbers follow. ($29.95 pbk.).

Recommended titles in this series include the following:

Bowling	ISBN 0-87322-581-3
Golf	ISBN 0-87322-578-3
Swimming	ISBN 0-87322-846-4
Tennis	ISBN 0-87322-555-4.

Recreational leisure activities are varied, and this series provides background to a few sports-oriented ones. While each book in the series concentrates on the skills needed for the sport, the message is also clear that taking part in leisure activities such as golf, tennis, bowling or swimming will contribute to lifelong wellness. Each title takes the reader through a well-illustrated step-by-step progression of drills to learn the skills needed to enjoy the activity for fun and fitness. Self-assessments are included throughout the book.
Suggested Use: Leisure
Other Use: Physical Education 20, 30

Stress: Just Chill Out! (Print-Non-Fiction). Adler, Joe Anne. (Teen Issues Series). Enslow Publishers, Inc. (NBS), 1997. 104 p. ISBN 0-89490-918-5 ($33.52 hdc.).

Using case studies, self-help checklists and an easy-to-read text, this resource provides excellent information for the Secondary Level student. The causes and symptoms of stress are dealt with as well as techniques for stress reduction. Situations that teenagers will be able to relate to are used throughout the book. An index is included.
Suggested Use: Stress Management

Teaching Responsibility Through Physical Activity (Print-Non-Fiction). Hellison, Don R. Human Kinetics Publishers, Inc. (HKB), 1995. 104 p. ISBN 0-87322-654-2 ($30.95 pbk.).

In this book, Hellison provides strategies for the development of personal and social responsibility through physical activity. He introduces five developmental levels designed to empower students to take more responsibility for their own bodies and lives and to teach students that they have a social responsibility to be sensitive to the rights, feelings and needs of others. Seven primary strategies are employed to put the levels into practice. Checklists, charts and diagrams add to the text. Included are a table of contents, references and an index.
Suggested Use: Relationships; Teacher Reference

Teen Eating Disorder Prevention Book Series (Print-Non-Fiction). Please refer to the title: *Understanding Exercise Addiction.*

Teen Health: Course 3 (Print-Non-Fiction). Merki, Mary Bronson, Cleary, Michael J. and Hubbard, Betty M. Glencoe/McGraw Hill (MHR), 2003. 608 p. ISBN 0-07-823939-7 ($83.65 hdc.).

Designed to appeal to teenagers, this lavishly illustrated resource covers most areas of the Wellness Curriculum. Each of the seven units is divided into several short chapters. The book discusses issues such as the concept of wellness, stress, relationships, fitness, good nutrition, substance abuse, diseases and safety. Throughout the book there are health labs, life skill exercises, personal inventories and questions on how to make healthy decisions. The "Health Skills" sections give short, interesting information that can lead to further discussion. The American information will need to be supplemented with Canadian data. A glossary and an index are included.
Suggested Use: General Reference

Teen Issues Series (Print-Non-Fiction). Please refer to the title: *Stress: Just Chill Out!*

Understanding Exercise Addiction. 1st ed. (Print-Non-Fiction). Johnson, Marlys. (Teen Eating Disorder Prevention Book Series). Rosen Publishing Group (SBC), 2000. 138 p. ISBN 0-8239-2990-6 ($32.35 hdc.).

While one of the main focuses of a Wellness Curriculum is to encourage a lifestyle that includes exercise, there are a few people who go to the extreme and become obsessive about it. This resource provides an excellent overview of the issue and how it is often connected to eating disorders. The causes, symptoms and treatment are presented in a reading style suitable for students. An index and a glossary are included.
Suggested Use: Physical Activity and Fitness

Violence in Sports (Print-Non-Fiction). Margolis, Jeffrey A. (Issues in Focus Series). Enslow Publishers, Inc. (NBS), 1999. 128 p. ISBN 0-89490-961-4 ($33.52 hdc.).

Although principles of fair play are the basis of sport, lately the use of violence in sports is more common and is tolerated by many. In a text written for students, the author presents the basic facts about violence on and off the field of sports. Fan violence, the use of drugs by athletes and the pressures of the box office are all discussed as contributing factors. Photographs of key events and people supplement the text. An index is included.
Suggested Use: Relationships
Other Use: Life Transitions 20/30; Physical Education: Grades 6 to 9

Wellness: A Question of Balance (Kit). Morrison, Morven and Bristow, Sara. SMC Educational Products and Services (SMCE), 2000. No order number is required. ($49.95).

(CAN) The activities within this kit use the wellness wheel as the basis for generating an understanding about wellness. Students will be able to judge their current knowledge about wellness and create a program that will encourage a healthy lifestyle. Several resources are included to assist with each of the lessons. Stress management, relationships, lifelong learning, fitness, nutrition, leisure and environmental sensitivity are the focus of the activities.
Suggested Use: General Reference; Orientation

Wellness Activities for Youth, Volume 1 (Print-Non-Fiction). Queen, Sandy. Whole Person Associates Inc. (WPP), 1993. 115 p. ISBN 0-938586-70-X ($24.95 U.S. pbk.).

This book contains a variety of activities that deal with self concept, personal wellness, stress and coping, social wellness, values, and general wellness concepts. The activities are clearly outlined, should hold the students' attention and may provide motivation for further reading. A table of contents is included.
Suggested Use: Orientation; Relationships; Stress Management
Other Use: Life Transitions 20/30

Wellness Activities for Youth, Volume 2 (Print-Non-Fiction). Queen, Sandy. Whole Person Associates Inc. (WPP), 1994. 146 p. ISBN 0-938586-98-X ($24.95 U.S. pbk.).

Designed to help young people perceive themselves in a positive way and build a healthy lifestyle, this book offers 40 activities for Middle and Secondary Level students. These activities focus on the physical, social, mental and emotional aspects of wellness. The author has provided goals, a suggested time frame and age group, materials needed, and a step-by-step process. Included are a table of contents and an annotated bibliography of resources that are available from Whole Person Associates.
Suggested Use: Orientation; Relationships; Stress Management
Other Use: Health Education: Grades 6 to 9

Wellness: Concepts and Applications. 5th ed. (Print-Non-Fiction). Anspaugh, David J., Hamrick, Michael H. and Rosato, Frank D. McGraw-Hill Ryerson Limited (MHR), 2003. 502 p. ISBN 0-07-255238-7 ($42.46 pbk.).

Students and staff who use this resource will find a comprehensive and practical overview of wellness from a health perspective. Controversial subjects are handled in a no-nonsense approach. The decision-making process is emphasized throughout the book as it focuses on making informed decisions. Some of the areas covered in the book include an overview of the components of wellness, exercises for strength and flexibility, good nutrition, managing stress, safety, consumerism and preventing STDs. Each chapter begins with a set of objectives, provides goals for behaviour change, includes several self-assessments, contains many illustrations, provides clear subsections, uses several charts and tables and ends with a summary and review questions. Although written for American university students, the resource can easily be adapted to the needs of Saskatchewan teachers. An index and a glossary are included.

The book also includes the CD-ROM *HealthQuest 4.1*, which provides an excellent interactive program dealing with health and wellness concepts.
Suggested Use: General Reference; Teacher Reference

A Wellness Way of Life. 5th ed. (Print-Non-Fiction). Robbins, Gwen, Powers, Debbie and Burgess, Sharon. McGraw-Hill Ryerson Limited (MHR), 2002. 584 p. ISBN 0-07-248617-1 ($51.95 pbk.).

This resource provides an excellent overview of the concepts of wellness. Following a general discussion about wellness, there are chapters on fitness, exercise, injuries, stress, nutrition, preventing STDs and planning for lifetime wellness. Each chapter provides a set of objectives, clearly defined subsections, illustrations, suggested activities, a summary and a listing of Internet resources. In addition, there are lab activity sheets provided for each chapter. An index and a glossary are included.

The book also comes with a *HealthQuest 4.1* CD-ROM and the TheraBand exerciser.
Suggested Use: General Reference; Teacher Reference

What's Eating You?: Healthy Eating (Video). (Beauty Begins Inside Series). National Film Board of Canada **(NFB)**, 1996. 14 min. Order no. 113C9195161 ($49.95).

(CAN) This video from the *Beauty Begins Inside Series* stresses that there are no good or bad foods, but that it is important to eat a variety of foods from each of the four food groups outlined in Canada's Food Guide.

A teacher's guide is available for the series.
Suggested Use: Healthy Eating
Other Use: Health Education: Grades 1 to 5; Health Education: Grades 6 to 9

Wilderness Medicine Workbook. 5th ed. (Print-Non-Fiction). Clausing, Tom, ed. Wilderness Medical Associates (WMA), 2002. 118 p. ISBN 0-9704646-1-4 ($7.50 coil-bound).

The case studies within this resource profile a wide range of accidents that have occurred during wilderness trips. The book is intended to be part of a workshop in which participants receive training in wilderness first aid. On its own, however, the resource provides a useful planning guide on how to assess and deal with injuries. Each case study consists of a one-page summary of the accident and is accompanied by an assessment form in which key information needs to be entered and a plan of action developed.
Suggested Use: Activity Related Injuries; Teacher Reference
Other Use: Forestry Studies 20, 30; Wildlife Management 10, 20, 30

Winning Sports Nutrition 2000 (Video). The University of Arizona. Human Kinetics Publishers, Inc. (HKB), 2000. 30 min. ISBN 0-932913-06-7 ($68.95).

Although this may appear to be a video that is geared towards elite athletes, the message it promotes is suitable for all people who exercise and are looking for ways to boost their performance through proper nutrition. The video provides information on how to calculate the daily intake of carbohydrates, proteins and fats as well as how to choose nutritious foods–even at fast-food restaurants.

As this is an American video, teachers will need to provide Canadian information concerning Canada's Food Guide.
Suggested Use: Healthy Eating
Other Use: Physical Education 20, 30

Out of Print but Still Useful Resources

Out of Print but Still Useful Resources

Please note that the following title is currently out of print, but may be found in school libraries or purchased from websites such as abebooks.com.

Food for Health (Print-Non-Fiction). Briffa, John. Time-Life Health Factfiles, 1998. 111 p. ISBN 0-7370-1603-5.

Aspects of our lifestyle are a major factor in determining health and wellbeing. Of the lifestyle factors, diet plays a central role. The proper choice of foods can enhance our health, prevent illness and prolong life. This book does an excellent job of providing the background information students will need to make healthy food choices now in order to reduce the risk of poor health in the future. Colourful photographs, drawings, charts and graphs supplement the practical advice that is given on eating for a healthy heart, maintain a proper energy level, and to control weight and help the immune system. A chapter on shopping techniques and proper food preparation is also provided. An index is included.
Suggested Use: Healthy Eating
Other Use: Food Studies 10, 30

A Short List of Recommended Titles

A Short List of Recommended Titles

The titles listed below represent a starting point to support resource-based learning in Wellness 10. Before choosing to purchase any resources, it is advisable for educators to read the annotations in the bibliography and preview titles of interest to make selections that meet the needs of their particular school and community.

These and other Wellness 10 resources can be ordered by using the distributor directory found at the end of this document. Prices quoted are subject to change, but will serve as a guide to approximate cost.

AIDS and the HIV Antibody Test: Anonymous Testing (Print-Non-Fiction). Saskatchewan Health (SPMC). No order number is required. ($FREE booklet).

Fighting Invisible Tigers: A Stress Management Guide for Teens. Rev. & updated ed. (Print-Non-Fiction). Hipp, Earl. Free Spirit Publishing, Inc. (MON), 1995. 153 p. ISBN 0-915793-80-6 ($21.95 pbk.).

Fitness and Wellness Strategies. 2nd ed. (Print-Non-Fiction). Seiger, Lon, et al. McGraw-Hill Ryerson Limited (MHR), 1998. 202 p. ISBN 0-697-29579-6 ($33.95 pbk.).

Fitness for Life. Updated 4th ed. (Print-Non-Fiction). Corbin, Charles B. and Lindsey, Ruth. Human Kinetics Publishers, Inc. (HKB), 2002. 250 p. ISBN 0-7360-4494-9 ($32.95 pbk.).

Health: The Basics. 2nd Canadian ed. (Print-Non-Fiction). Donatelle, Rebecca J., et al. Allyn & Bacon Canada (PRN), 2001. 450 p. ISBN 0-205-31764-2 ($67.96 pbk.).

Healthy and Well (Print-Non-Fiction). Campbell, Judith. (Lifechoices Series). Prentice Hall Inc. (PRN), 1996. 96 p. ISBN 0-13-244195-0 ($19.75 pbk.)

It's Not Just Gym Anymore: Teaching Secondary School Students How to Be Active for Life (Print-Non-Fiction). McCracken, Bane. Human Kinetics Publishers, Inc. (HKB), 2001. 247 p. ISBN 0-7360-0127-1 ($48.50 pbk.).

Moving to Inclusion: Active Living Through Physical Education (Print-Non-Fiction). Health Canada (ALV), n.d. unp. No order number is required. ($25.00 binder).

Nancy Clark's Sports Nutrition Guidebook. 2nd ed. (Print-Non-Fiction). Clark, Nancy. Human Kinetics Publishers, Inc. (HKB), 1997. 455 p. ISBN 0-87322-730-1 ($29.95 pbk.).

Nutrition, Food and Fitness: The Science of Wellness (Print-Non-Fiction). West, Dorothy F. Goodheart-Willcox Publisher (GAG), 2004. 510 p. ISBN 1-56637-933-4 ($83.95 hdc.).

Personal Fitness: Looking Good - Feeling Good. 4th ed. (Print-Non-Fiction). Williams, Charles S., et al. Kendall/Hunt Publishing Co. (KHP), 2000. 262 p. Order numbers follow.

Student text - ISBN 0-7872-4726-X ($42.99 U.S. hdc.)
MicroTest III - ISBN 0-7872-8883-7 ($99.99 U.S.)
Classroom video - ISBN 0-7872-4732-2 ($179.99 U.S. for 3 videos)
Teacher's video - ISBN 0-7872-4733-4 ($89.99 U.S.)
Video package - ISBN 0-7872-5161-5 ($219.99 U.S. for 4 videos).

Physical Activity for Health and Fitness (Print-Non-Fiction). Jackson, Allen W., et al. Human Kinetics Publishers, Inc. (HKB), 1999. 367 p. ISBN 0-88011-599-8 ($49.95 pbk.).

Saskatchewan Trails: A Guide to Nature Walks and Easy Hikes. 2nd ed. (Print-Non-Fiction). Karpan, Arlene and Karpan, Robin. Parkland Publishing (PKL), 2001. 288 p. ISBN 0-9683579-4-6 ($19.95 pbk.).

Sport First Aid. Updated ed. (Print-Non-Fiction). Flegel, Melinda J. Human Kinetics Publishers, Inc. (HKB), 1997. 187 p. ISBN 0-88011-556-4 ($36.95 pbk.).

Step Up to Wellness: A Stage-Based Approach (Print-Non-Fiction). Bishop, Jan Galen and Aldana, Steven G. Allyn & Bacon Canada (PRN), 1999. 412 p. ISBN 0-205-27970-8 ($51.16 pbk.).

Teaching Responsibility Through Physical Activity (Print-Non-Fiction). Hellison, Don R. Human Kinetics Publishers, Inc. (HKB), 1995. 104 p. ISBN 0-87322-654-2 ($30.95 pbk.).

Teen Health: Course 3 (Print-Non-Fiction). Merki, Mary Bronson, Cleary, Michael J. and Hubbard, Betty M. Glencoe/McGraw Hill (MHR), 2003. 608 p. ISBN 0-07-823939-7 ($83.65 hdc.).

Wellness: A Question of Balance (Kit). Morrison, Morven and Bristow, Sara. SMC Educational Products and Services (SMCE), 2000. No order number is required. ($49.95).

Titles Available From Media Group

Educational Video Duplication Service

Titles Available From Media Group Educational Video Duplication Service

2710 Millar Ave
SASKATOON SK S7K 4J4
(306) 933-4212
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Fax: (306) 933-3183
Toll-Free Fax: (877) 444-3354
E-mail: vidlib@mg.sk.ca
NETSITE: http://www.sasked.gov.sk.ca/video

Saskatchewan Learning's educational video programs are duplicated by Media Group, a full-service video production and post production company in Saskatoon.

Many of the videos that support this curriculum can be obtained from Media Group for a nominal fee. Schools are responsible for postage, a duplication fee of $1.00 per title, blank tapes and applicable taxes. Please consult the latest Media Group catalogue for the procedures to order these titles:

CHILL: Straight Talk About Stress (Video). Meridian Education Corporation **(MGR)**, 1995. 20 min. Dup. order no. V6727. Teacher's Guide - Order no. G6727 ($1.75 loose-leaf).

Dangerous Games (Video). Partners in Motion **(MGR)**, 1998. 24 min. Dup. order no. V377.

The Exercise and Nutrition Connection (Video). Meridian Education Corporation **(MGR)**, 1996. 17 min. Dup. order no. V3002. Teacher's Guide - Order no. G3002 ($0.70 loose-leaf).

The HIV Test: Who Should Take It? What Does It Show? (Video). Human Relations Media/HRM Video **(MGR)**, 1993. 26 min. Dup. order no. V556. Teacher's Guide - Order no. G556 ($0.65 loose-leaf).

Physical Education: Who Needs It? and Why Study It? (Video). Cambridge Educational **(MGR)**, 1996. 30 min. Dup. order no. V2984.

Sports Medicine (Video). (Cool Jobs Video Series). McIntyre Media Limited **(MGR)**, 2002. 30 min. Dup. order no. V1008.

What's Eating You?: Healthy Eating (Video). (Beauty Begins Inside Series). National Film Board of Canada **(MGR)**, 1996. 14 min. Dup. order no. V6654.

Index of Suggested Uses

Index of Suggested Uses

Please note that the titles in this list are truncated. The complete titles appear in the citations for each resource.

Activity Related Injuries

Arnheim's Principles of Athletic Training
Athletic Taping
Athletic Training for Student Assistants
Dangerous Games
Kinetic Anatomy
Sideline Help
Sport First Aid
Sports Medicine
Wilderness Medicine Workbook

General Reference

Active Living: The Miracle Medicine for
Chuck Corbin's Wellness Video Series
Concepts of Physical Fitness
Core Concepts in Health
Developing Healthy Communities
Fitness and Wellness Strategies
Fundamental Concepts of Fitness
Glencoe Health: A Guide to Wellness
Health: The Basics
Healthwise 2
Healthy and Well
Holt Health
Step Up to Wellness: A Stage-Based
Teen Health: Course 3
Wellness: A Question of Balance
Wellness: Concepts and Applications
A Wellness Way of Life

Healthy Eating

Beyond Fast Foods: Nutrition Teaching Kit
Body Thieves: Help Girls Reclaim Their
The Athletic Woman's Survival Guide: How
The Exercise and Nutrition Connection
Food and Fat
Food Habits of Canadians: Changing
Fundamental Concepts of Fitness
Healthy Eating
Leslie Beck's 10 Steps to Healthy Eating
Life in the Fast Food Lane
Maintaining a Healthy Weight
Nancy Clark's Sports Nutrition Guidebook
Nutrition & Wellness
Nutrition, Food and Fitness: The Science
Nutrition for Health, Fitness & Sport
The 101 Most Asked Nutrition Questions
Perspectives in Nutrition
Physical Best Activity Guide
Planet Health: An Interdisciplinary
The Right Moves: A Girl's Guide to
What's Eating You?: Healthy Eating
Winning Sports Nutrition 2000

HIV/AIDS Education

AIDS: A Handbook for the Future
AIDS and Society
AIDS and the HIV Antibody Test
HIV & AIDS: What You Need to Know
The HIV Test Experience Study: An
The HIV Test: Who Should Take It? What

Leisure

Backyard Habitat for Canada's Wildlife
Eco-Backpacking: A Guide for Communing
It's Not Just Gym Anymore: Teaching
Leisure Education III: More Goal-Oriented
Partnering Dance and Education
Saskatchewan Trails: A Guide to Nature
Steps to Success Activity Series

Orientation

Healthy and Well
Healthy Change
Healthy Lifestyle
Physical Education: Who Needs It?
Wellness: A Question of Balance
Wellness Activities for Youth, Volume 1
Wellness Activities for Youth, Volume 2

Physical Activity and Fitness

Adapted Physical Activity, Recreation
The Athletic Woman's Survival Guide: How
Beth Shaw's YogaFit
Body Thieves: Help Girls Reclaim Their
Chuck Corbin's Fitness for Life Video

The Competition-Cooperation Link: Games
The Exercise and Nutrition Connection
Fitness
Fitness and Health
Fitness for Life
Fitness for Life: An Individualized
Fitnessgram
FitSmart: High School Edition
Fundamental Concepts of Fitness
Healthy Exercise
It's Not Just Gym Anymore: Teaching
Maintaining a Healthy Weight
Motivating People to be Physically Active
Moving to Inclusion: Active Living
PE for You
Personal Fitness: Looking Good - Feeling
Physical Activity and Fitness
Physical Activity for Health and Fitness
Physical Best Activity Guide: Secondary
Physical Education for Lifelong Fitness:
Planet Health: An Interdisciplinary
Principles and Methods of Adapted
The Right Moves: A Girl's Guide to
Saskatchewan Trails: A Guide to Nature
Senior Physical Education: An Integrated
Understanding Exercise Addiction

Relationships

Body Thieves: Help Girls Reclaim Their
Blueprint for Life/Work Designs
Building Life Management Skills
Coaching the Spirit of Sport: Building
The Competition-Cooperation Link: Games
Employability Skills Toolkit
Essential Skills/Compétences
The Game of Her Life
Healthy Relationships
Manon Rhéaume: Woman Behind
Moving to Inclusion: Active Living
Out for a Change: Addressing Homophobia
Principles and Methods of Adapted Physic
The Right Moves: A Girl's Guide
The Sacred Tree
A Sporting Chance: Sports and Gender
Step Into the World of Workplace
Teaching Responsibility Through Physical
Violence in Sports
Wellness Activities for Youth, Volume 1
Wellness Activities for Youth, Volume 2

Stress Management

Beth Shaw's YogaFit
Building Life Management Skills
CHILL: Straight Talk About Stress
Fighting Invisible Tigers: A Stress
Fundamental Concepts of Fitness
Healthy Stress
Highs!: Over 150 Ways to Feel Really,
Out for a Change: Addressing Homophobia
The Relaxation & Stress Reduction Workbook
Stress: Just Chill Out!
Wellness Activities for Youth, Volume 1
Wellness Activities for Youth, Volume 2

Teacher Reference

Adapted Physical Activity, Recreation
Arnheim's Principles of Athletic Training
Athletic Training for Student Assistants
The Athletic Woman's Survival Guide: How
Body Thieves: Help Girls Reclaim Their
Blueprint for Life/Work Designs
The Competition-Cooperation Link: Games
Concepts of Physical Fitness: Active
Core Concepts in Health
Employability Skills Toolkit
Essential Skills/Compétences Essentielles
Fitness and Health
Fitness for Life: An Individualized
HIV and AIDS: What You Need to Know
The HIV Test Experience Study: An
It's Not Just Gym Anymore: Teaching Second
Leisure Education III: More Goal-Oriented
Motivating People to be Physically Active
Moving to Inclusion: Active Living Through
Nutrition for Health, Fitness & Sport
Out for a Change: Addressing Homophobia
PE for You
Physical Activity for Health and Fitness
Physical Best Activity Guide: Secondary
Physical Education for Lifelong Fitness
Planet Health: An Interdisciplinary
Principles and Methods of Adapted
Senior Physical Education: An Integrated
Step Into the World of Workplace
Teaching Responsibility Through Physical
Wellness: Concepts and Applications
A Wellness Way of Life
Wilderness Medicine Workbook

Community Service: Is Anyone Interested?

Index of Initiatives

Index of Initiatives

Abilities Awareness

Adapted Physical Activity, Recreation
Moving to Inclusion: Active Living
Principles and Methods of Adapted

Aboriginal Content and Perspectives

Developing Healthy Communities
The Sacred Tree
Sports Medicine

Career Development

Blueprint for Life/Work Designs
Employability Skills Toolkit
Essential Skills/Compétences
Sports Medicine
Step Into the World of Workplace

Gender Equity

The Athletic Woman's Survival Guide: How
Body Thieves: Help Girls Reclaim Their
The Game of Her Life
Manon Rhéaume: Woman Behind the Mask
Out for a Change: Addressing Homophobia
The Right Moves: A Girl's Guide to
A Sporting Chance: Sports and Gender

Media Index

Media Index

Please note that the titles in this list are truncated. The complete titles appear in the citations for each resource.

CD-ROM

Essential Skills/Compétences
FitSmart: High School Edition

Kit

Beyond Fast Foods: Nutrition Teaching Kit
Fitnessgram
Wellness: A Question of Balance

Print-Non-Fiction

Active Living: The Miracle Medicine for
Adapted Physical Activity, Recreation
AIDS: A Handbook for the Future
AIDS and Society
AIDS and the HIV Antibody Test
Arnheim's Principles of Athletic Training
Athletic Taping
Athletic Training for Student Assistants
The Athletic Woman's Survival Guide: How
Backyard Habitat for Canada's Wildlife
Beth Shaw's YogaFit
Blueprint for Life/Work Designs
Body Thieves: Help Girls Reclaim Their
Building Life Management Skills
The Competition-Cooperation Link: Games
Concepts of Physical Fitness: Active
Core Concepts in Health
Developing Healthy Communities
Eco-Backpacking: A Guide for Communing
Employability Skills Toolkit
Fighting Invisible Tigers: A Stress
Fitness
Fitness and Health
Fitness and Wellness Strategies
Fitness for Life
Fitness for Life: An Individualized
Food Habits of Canadians: Changing
Fundamental Concepts of Fitness
Glencoe Health: A Guide to Wellness
Health: The Basics
Healthwise 2
Healthy and Well
Highs!: Over 150 Ways to Feel Really
HIV & AIDS: What You Need to Know
The HIV Test Experience Study: An
Holt Health
It's Not Just Gym Anymore: Teaching
Kinetic Anatomy
Leisure Education III: More Goal-Oriented
Leslie Beck's 10 Steps to Healthy Eating
Motivating People to be Physically Active
Moving to Inclusion: Active Living
Nancy Clark's Sports Nutrition Guidebook
Nutrition & Wellness
Nutrition, Food and Fitness: The Science
Nutrition for Health, Fitness & Sport
The 101 Most Asked Nutrition Questions
Partnering Dance and Education
PE for You
Personal Fitness: Looking Good - Feeling
Perspectives in Nutrition
Physical Activity and Fitness
Physical Activity for Health and Fitness
Physical Best Activity Guide: Secondary
Physical Education for Lifelong Fitness
Planet Health: An Interdisciplinary
Principles and Methods of Adapted
The Relaxation & Stress Reduction
The Right Moves: A Girl's Guide to
The Sacred Tree
Saskatchewan Trails: A Guide to Nature
Senior Physical Education: An Integrated
Sideline Help
Sport First Aid
A Sporting Chance: Sports and Gender
Step Into the World of Workplace
Step Up to Wellness: A Stage-Based
Steps to Success Activity Series
Stress: Just Chill Out!
Teaching Responsibility Through Physical
Teen Health: Course 3
Understanding Exercise Addiction
Violence in Sports
Wellness Activities for Youth, Volume 1
Wellness Activities for Youth, Volume 2
Wellness: Concepts and Applications
A Wellness Way of Life
Wilderness Medicine Workbook

Video

CHILL: Straight Talk About Stress
Chuck Corbin's Fitness for Life Video
Chuck Corbin's Wellness Video Series

Coaching the Spirit of Sport: Building
Community Service: Is Anyone Interested?
Dangerous Games
The Exercise and Nutrition Connection
Food and Fat
The Game of Her Life
Healthy Change
Healthy Eating
Healthy Exercise
Healthy Lifestyle
Healthy Relationships
Healthy Stress
The HIV Test: Who Should Take It? What
Life in the Fast Food Lane
Maintaining a Healthy Weight
Manon Rhéaume: Woman Behind the Mask
Out for a Change: Addressing Homophobia
Physical Education: Who Needs It?
Sports Medicine
What's Eating You?: Healthy Eating
Winning Sports Nutrition 2000

Distributor Directory

Distributor Directory

ALV Active Living Alliance for Canadians
With a Disability
720 Belfast Rd Suite 104
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(613) 244-0052
Fax: (613) 244-4857
E-mail: info@ala.ca
NETSITE: http://www.ala.ca

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81 Auriga Dr Unit 30
OTTAWA ON K2E 7Y5
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Fax: (613) 226-8121
E-mail: bacon@storm.ca

BIC Beef Information Centre
Department INT
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Fax: (604) 985-8284
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bc.ca/bic.htm

CAB Al Brawn Consulting
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CCDS Canadian Centre for Ethics in Sport
2197 Riverside Dr Suite 300
OTTAWA ON K1H 7X3
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NETSITE: http://www.cwf-fcf.org

EFE Eating for Energy
720-999 West Broadway
VANCOUVER BC V5Z 1K5
(604) 739-3290
Fax: (604) 738-4080
E-mail: eatingforenergy@bc.
sympatico.ca
NETSITE: http://www3.telus.
net/eatingforlife

FHA Fraser Health Authority
Public Health Nutrition Program
11245 84th Ave 3rd Fl
DELTA BC V4C 2L9

FHW Fitzhenry & Whiteside Ltd.
195 Allstate Pky
MARKHAM ON L3R 4T8
(800) 387-9776
(905) 477-9700
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E-mail: monarchbooks@sympatico.ca

NACL Canadian HIV/AIDS Information Centre
Canadian Public Health Assoc.
1565 Carling Ave Suite 400
OTTAWA ON K1Z 8R1
(613) 725-3434
(877) 999-7740
Fax: (613) 725-1205
E-mail: aidssida@cpha.ca
NETSITE: http://www.aidssida.cpha.ca

NAD National Adult Literacy Database Inc.
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(506) 457-6900
Fax: (506) 457-6910
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NETSITE: http://www.nald.ca

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E-mail: inquire@nelson.com
NETSITE: http://www.nelson.com

NFB National Film Board of Canada
PO Box 6100
STN Centre-Ville
MONTREAL PQ H3C 3H5
(800) 267-7710
(514) 283-9000
Fax: (514) 283-7564
E-mail: webcustserv@nfb.ca
NETSITE: http://www.nfb.ca

NLW The National Life/Work Centre
488 Centrale St
MEMRAMCOOK NB E4K 3S6
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NETSITE: http://www.lifework.ca/

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NETSITE: www.parklandpublishing.com

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School Division
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Fax: (800) 563-9196
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RAI Raincoast Books
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VANCOUVER BC V6P 6E5
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NETSITE: http://www.raincoast.com

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E-mail: info@saundersbook.ca
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Fax: (604) 689-8399
NETSITE: http://www.salal.com

SMCA Sport Medicine Council of Alberta
11759 Groat Rd
EDMONTON AB T5M 3K6
(780) 453-8636
FAX: (780) 422-3093

SMCE SMC Educational Products and Services
PO Box 8838
VICTORIA BC V8W 3S3
E-mail: info@smceducational.com
NETSITE: http://www.smc educational.com

SPMC Saskatchewan Property Management Corp.
SPMC Forms Distribution
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Fax: (306) 787-0194
NETSITE: http://www.spmc.gov.sk.ca

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